

ANALYSIS OF BERNE'S TRANSACTIONAL MODEL OF A NON-EXISTENT
THEORETICALLY PERFECT (IDEAL) RELATIONSHIP
USING ENGAGED COUPLES

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CURRICULUM STUDIORUM

Donald F. Cowan was born July 3, 1931, in Pittsburgh, Pennsylvania. He received the Bachelor of Arts degree in Psychology from the Ohio State University, Columbus, Ohio, in 1955. He received the Master of Arts degree in General-Experimental Psychology from Duquesne University, Pittsburgh, Pennsylvania, in 1961. The title of his thesis was Regression in the Rat as a Function of the Number of Reinforcements.

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INTRODUCTION

It is a curious fact that while psychology is routinely defined as the science of human behaviour it has almost wholly ignored the systematic study of dyadic relationships, which represent perhaps the most universal type of interaction between persons. The theoretical importance of exploring the processes which promote or undermine human relationships, as a step to the understanding of human behaviour, would in itself warrant the interest of the psychologist in his role as a social scientist. But when such practical societal issues as the soaring divorce rate--itself delineated evidence of a breakdown in a two-person relationship--runaway mental health problems, with the disturbance often traced back to inadequate and poor dyadic relationships, and the production loss to the economy as a result of disruptive strife between co-workers in work situations are added to the picture the importance and timeliness of the need for dyadic research is made strikingly clear.

Psychology's hesitancy to embark upon such research appears to be related to two factors: (1) a relative lack of comprehensive theory in this area, and (2) methodological problems in translating available theory into testable hypotheses.

It is the purpose of this project to take one of the most recent theories of dyadic relationships and submit key aspects of it to experimental study.

The theory under study in this experiment is Eric Berne's Transactional Analysis. The specific intent is to formulate testable hypotheses based on Berne's transactional ego state model of a non-existent theoretically perfect (ideal) relationship. Taking engaged couples to operationally stand for an ideal relationship, and two criterion measures to operationally define the "idealness" of this relationship, Berne's transactional ego state model, as represented by an instrument developed by the writer, will be evaluated in terms of its ability to predict the "idealness" of the engaged couples' relationship as measured by the two criterion variables.

The shortcomings in the method of research devised to test this theory are many and may well cast doubt upon the findings reported. Nevertheless, even though this study may be viewed as only a highly preliminary report, it is felt that the importance of the issues involved are themselves justification for the undertaking of such a project.

The report begins with a critical review of the literature leading up to the study of an "ideal" dyadic relationship. This is followed by a design for testing the hypotheses, and then the hypotheses are stated. Following the presentation of the results and a discussion of those results, methodological issues are examined and a final evaluation of Berne's transactional model is offered. Finally, implications for further research to obtain additional data concerning Berne's theory, and to improve the method of research are discussed.

CHAPTER I

REVIEW OF THE LITERATURE

The theoretical framework utilized in the present study is the Transactional system of Eric Berne. Berne¹ conceptualizes the individual personality as consisting of three different ego states which he calls the exteropsychic (Parent), neopsychic (Adult), and archeopsychic (Child). In a dyadic relationship Berne contends that it is the conjunctive or disjunctive interaction of these six ego states that determine the direction and satisfaction derived from the relationship.² Berne³ then describes a theoretically ideal dyadic relationship as one in which the respective Parent, Adult, and Child ego states of the couple have complementary exchanges. Before considering further Berne's approach to dyadic relationships, other techniques and theories will be briefly discussed, proceeding from the more general dyadic studies to research work focusing on intimate two-person relationships.

Historically, the most extensively used method to study two-person human relations has been the relationship of psychoanalyst and patient, as reported and conceptualized by the participating analyst. This technique of

1 Eric Berne, Transactional Analysis in Psychotherapy, New York, Grove Press, 1961, p. 23.

2 Ibid., p. 130.

3 Ibid.

psychotherapy, however, is based more on theories about individuals than the relationships between them--awareness of transference and, later, counter transference notwithstanding.⁴

Psychoanalytic theory has no constructs for the dyad as such, nor indeed for any social system generated by more than one person at a time. Psychoanalytic theory has, therefore, no way of placing a single person in any social context. In classical psychoanalysis there are only objects. Even the 'ego' is itself an object, as are the superego, the id, and the other 'internal objects'. The ego is one part of the mental apparatus. Internal objects are other parts of this system. Another ego is part of a different system or structure. How two mental apparatuses or psychic structures, each with its own constellation of internal objects, are conceived to relate to each other, is totally unexplained. Indeed within the concepts the theory provides it is inconceivable.⁵

With the recent shift in focus from exclusive concern with the individual to concern with the family as an interacting unit a major step was taken toward a deeper understanding of human relationships. This shift is most evident in the reports of investigators who have concentrated their efforts largely with the families of schizophrenics, and in the studies of Pincus, et al.⁶ and Dick and Speigel⁷ of marital relationships.

⁴ R.D. Laing, H. Phillipson, et al., Interpersonal Perception, London, Tavistock Publications, 1966, p. 6.

⁵ Ibid., p. 7.

⁶ Ibid., p. 38.

⁷ Ibid.

These studies have contributed an increase in our knowledge of key dyadic, triadic and larger social systems in that the individual "maintains, changes or loses his identity and contributes to the maintenance, loss or change of, and in, the identity of others."⁸ However, while these studies contributed empirical evidence, they lacked theoretical underpinning and a standardized technique in which to evaluate dyadic relationships.

Laing, et al. have gone beyond these earlier studies to construct a paper-and-pencil test of interpersonal perception (the Interpersonal Perception Method). Their attempt was to tap the interaction and interexperience of two persons. In addition the Interpersonal Perception Method utilized a scoring system in which conjunctions and disjunctions within the dyad are evaluated to formulate predictions concerning the adequacy of the particular two-person relationship.⁹ Starting with the assumptions "(1) behaviour is a function of experience; (2) both experience and behaviour are always in relation to some one or something other than self",¹⁰ two theoretical constructs are proposed. Self identity, i.e., my view of myself, and meta-identity, i.e., my view of your

⁸ Ibid., p. 38.

⁹ Ibid., p. 59.

¹⁰ Ibid., p. 9.

view of me, offer one level at which conjunctions or disjunctions can occur between two people in terms of agreement or disagreement between self identity and meta-identity perception.¹¹

In practice, the Interpersonal Perception Method consists of sixty issues presented to subjects as phrases that express interaction and interexperience.¹² Each of the sixty phrases are then answered by the subjects first in terms of self reference and then in terms of self-other reference.¹³ Analysis of the data is in terms of (1) non-reciprocity matched comparisons--how each person sees oneself and the other which results in a set of characteristics that each person attributes to the self and to the other--and (2) to reciprocally matched comparisons--or the husband's view of how his wife treats him and, in turn, the wife's view of how she treats him.¹⁴ Agreement of conjunctiveness or disjunctiveness is based on analysis of the reciprocally matched comparisons, i.e., the husband's view of how his wife treats him is concordant or discordant with how she sees herself to be

11 Ibid., p. 62.

12 Ibid., p. 49.

13 Ibid., p. 51.

14 Ibid., p. 55.

treating him, and how she sees him as viewing her treatment of him.¹⁵ The results of a study of "disturbed" and "non-disturbed" married couples showed significantly fewer disjunctions in the nondisturbed group than in the disturbed group.¹⁶ In summary, the I.P.M. seems to offer considerable promise as a theory and technique of studying dyads. It also seems to be potentially useful as a tool for predicting the adequacy of a human relationship, in terms of the conjunctions and disjunctions that appear. However, this method is still in its infant stage with only one group study reported. Its overall effectiveness will require additional studies with larger populations.

Another promising technique proposed to study dyadic relationships is the Family Rorschach. Loveland, Wayne and Singer¹⁷ report the use of the Rorschach as a research tool to study the dynamic interaction of married couples. The usual approach used in these studies was to test the husband and wife first separately, and then together, taking note of the respective changes in each mate's responses from the first to the second administration, with the changes viewed by the

¹⁵ Ibid., p. 60.

¹⁶ Ibid., p. 73.

¹⁷ N.T. Loveland, L.C. Wynne, and N.T. Singer, "The Family Rorschach: A New Method for Studying Family Interaction", Family Processes, Vol. 2, 1963, p. 107.

investigators as a function of the dynamic interaction within the dyad.¹⁸ While this approach provides insight into the spontaneous interaction of couples when mutually confronted with a perceptual task, none of these investigations seems able to deal satisfactorily with the rather serious methodological problem of differentiating between interpersonal and intrapersonal dynamics; an additional shortcoming is the lack of a theoretical position or an objective scoring procedure that would allow other investigators to replicate the study.

Studies by Newcomb¹⁹ of the basis of dyadic attraction provide an additional perspective to the present study's attempt to investigate ideal dyadic relationships. The reciprocal attraction hypothesis has been investigated as one possible source of dyadic attraction. This hypothesis proposes that "degree of attraction toward other persons is closely associated with degree of perceived attraction on the part of those persons toward oneself."²⁰ A rank order study with seventeen male subjects tended to support the reciprocal attraction hypothesis.²¹ In this study twelve to fourteen of

18 Ibid., p. 109.

19 Theodore M. Newcomb, "Stabilities Underlying Changes in Interpersonal Attraction", Journal of Abnormal and Social Psychology, Vol. 66, 1963, p. 376-386.

20 Ibid., p. 376.

21 Ibid., p. 382.

the seventeen men believed that their own highest attraction choices were reciprocated in either at the highest or at the second highest of sixteen ranks. However, other studies with this same group led the investigators to state:

[...] attraction to others of high attraction toward oneself is only one basis for high attraction toward them in the sense that it almost universally accompanies high attraction, but that other factors are also responsible for the attraction that was found to exist in this group.²²

Perceived attitudinal support was also found to be an important factor in promoting high intradyadic attraction.

One is apt to be attracted toward other persons if one believes that their interests are likely to lead to forms of behavioural collaboration that one finds rewarding; or that their knowledgeability in a certain area is likely to be instructive or authoritative; or that their values (religious, or perhaps political) provides support for one's own.²³

The perceived attitudinal hypothesis was tested with the same group of seventeen men. They were first asked to rank the six Spranger Values (theoretical, economic, aesthetic, social, political, religious) in terms of their relative importance to themselves. Then each of the seventeen men estimated how each of the other sixteen would rank-order the same values in importance. By comparing the sixteen estimates made by each individual with his own response, it was possible to note which

22 Ibid., p. 299.

23 Ibid., p. 298.

of the other men he considered to be most closely in agreement with himself, which second closest and so on.²⁵ The results of this study showed that the levels of attraction (based on each man's ranks, from one to sixteen) were much higher toward those individuals with whom the estimators consider themselves in close agreement (ranks one - two) than toward those at the lower levels of estimated agreement.²⁶ While these results strongly suggest that high attraction toward others tends to be associated with the attribution to them of values like one's own, it is not made clear in the reported study which of the variables--high attraction, or value support--is the independent and which the dependent. Some light, however, was shed on this question in a later study by the same investigators which compared the rank-order of high attraction to value support over an extended period of time. Following assessments of this group after short, medium, and long periods of association the authors reported a shift in high attraction in terms of a more accurate estimate of the other's values; in other words, those people who were re-evaluated by the subjects and found to be closer in thinking to themselves, were correspondingly given higher rankings. Thus the direction of support for one's values in light of these higher rankings suggest that

25 Ibid., p. 300.

26 Ibid.

attraction was highly influenced by the perception of value support.²⁷

Mate selection studies have focused on the problem of basis for attraction, in an attempt to isolate those features that contribute to the formation of life-long dyadic relationships. Strauss²⁸ studied the degree of satisfaction of major personality needs in engaged and married couples as a factor in the mate selection process. In the Strauss²⁹ study the subjects were first asked to indicate their principle personality needs by underlining their needs from a list of twenty-six human needs; for example, "I have a need for someone: to stimulate my ambition, to confide in, who gives me confidence," and so on. Next, Strauss³⁰ asked his subjects to check the degree to which the needs they had underlined were fulfilled by their fiance or fiancée--"very much", "considerably", "a little", "not at all", "opposite". Eighteen per cent of the men reported that all of their major personality needs were satisfied in the relationship with their fiance or spouse. An additional twelve per cent of the men and twenty-four per cent of the women stated that at least four-fifths, but not all of their

27 Ibid., p. 301.

28 Anselm Strauss, "Personality Needs and Marital Choice", Social Forces, Vol. 25, 1947, p. 332-335.

29 Ibid., p. 333.

30 Ibid.

needs, were fulfilled. On the other hand, twenty-nine per cent of the males and eighteen per cent of the females reported that less than two-fifths of their needs were being satisfied in their relationship.³¹ The conclusions drawn by Strauss³² from this study were that a high proportion of the subjects failed to satisfy all their chief personality needs in their relations with their mates. The majority of people studied, however, appeared to strike a compromise in securing the satisfaction of some or even most personality needs, but not all of them. Yet, even though a compromise had to be effected the fact that many of the major needs were being fulfilled by the spouse or mate suggested to Strauss³³ the primary importance of meeting personality needs in establishing long-term dyadic relationships. However, without any follow-up studies reported relating the kind and number of personality needs to the individual's perception of the relationship, over an extended period of time, it is difficult to draw any general conclusions regarding either the specific needs or a pattern of need satisfaction that might be crucial to the relationship.

Further light has been shed on the basis of attraction in dyadic relationships dealing with the mate-selection

31 Ibid., p. 333.

32 Ibid., p. 335.

33 Ibid.

problem from studies dealing with the question of whether "likes marry likes" (homogamy) or do opposites attract (heterogamy). In point of fact the issue between homogamy and heterogamy has probably generated the greatest degree of controversy in the whole mate selection field of investigation. Winch,³⁴ an advocate of heterogamy points out that while homogamy is important in terms of defining a field of eligibles along the lines of race, religion, social class, broad occupational grouping, location of residence, income, age, and level of attraction, in terms of selecting for each of us the sort of person with whom we shall be most likely to interact, homogamy does not explain why two people fall in love. Winch³⁵ conceives love as a characteristic of a relationship between a man and a woman which attracts them to each other and operationally defines love as simply one person meeting another person's general needs with the emphasis on complementing each other's needs. Winch³⁶ gives the following example of how the complementary need theory operates in a dyadic relationship.

³⁴ Robert F. Winch, Mate-Selection: A Study of Complementary Needs, New York, Harper and Brothers, 1958, p. 14.

³⁵ Ibid., p. 40.

³⁶ Ibid., p. 102.

If A is highly ascendant, we would expect A to be more attracted maritally to B, who is submissive, than to C who, like A is ascendent. If A is somewhat sadistic, we would expect A to be more attracted to B, who is somewhat masochistic, than to C who is sadistic. If A is a succulent person we should expect A to be attracted to nurturant B rather than to succulent C. In each of these cases B should be reciprocally attracted to A.

Winch³⁷ reported an intensive study of twenty-five recently married couples involving long interviews, and many kinds of projective and objective psychological tests. He concluded that there were indeed a good many couples who were characterized by such opposite needs as succulence and nurturance, or dominance and submission.

Disputing Winch's claim of complementary needs is Burgess and Wallen³⁸ who after reviewing over one hundred studies in this area, summarized by saying "all of these studies which contained enough cases to be significant concluded that in every trait not governed by chance, the tendency is for like to mate with like." However all but one of the earlier studies were of married couples and thus were open to the criticism that marriage might have created similarities or accentuated them. In an effort to rectify this methodological shortcoming, Burgess and Wallen³⁹ studied over one thousand

37 Ibid., p. 119.

38 Ernest W. Burgess and Paul Wallin, Courtship, Engagement and Marriage, Philadelphia, J.B. Lippincott, 1954.

39 Ibid., p. 233.

engaged couples on a number of psychological, social and physical variables and thus avoided the problem of similarities developed through marriage. Burgess and Wallen⁴⁰ described their findings as being in general agreement with the previous studies of married couples:

[...] on no trait was there a preponderance of opposites over the element of chance. Whenever there was a statistically significant difference (with seventeen of thirty-one personality traits having significant differences) it was in the direction that like mates with like.

Tharp,⁴¹ too, in a review of the literature pertinent to the homogamy versus heterogamy issue, supports the homogamy position. In an attempt to account for Winch's rather unique findings of complementary needs, Tharp⁴² criticized Winch's population, commenting that his subjects were not a representative sample of the general married population.

In summary: The status of research in dyadic relationships is still at an embryonic level. The lack of comprehensive theories and reliable and valid data collecting techniques appear to be largely responsible for the paucity of dyad studies. The bulk of the studies to date have been primarily concerned with the development of techniques to study two-person encounters. Two techniques, the Interpersonal

⁴⁰ Ibid., p. 242.

⁴¹ Roland G. Tharp, "Psychological Patterning in Marriage", Psychological Bulletin, Vol. 60, March 1963, p. 90.

⁴² Ibid., p. 108.

Perception Method, and the Family Rorschach, appear to show promise as tools to study dyadic relationships. However, the Family Rorschach has yet to overcome a methodological problem, and lacks an objective scoring system. The Interpersonal Perception Method provides for objective scoring but the authors fail to report the reliability of their test and present only one validity study.

The Interpersonal Perception Method, though, is based upon an interesting theoretical position that is rather existential in its stress on the importance of understanding the inter-experience of the parties involved in the dyad.

In the study of basis of attraction in dyads, the reciprocal attraction hypothesis and the perceived attitudinal support hypothesis found experimental support as factors that contribute to one person being psychologically attracted to another. In addition, intensive studies along the lines of mate selection do not, as a rule, support Winch's heterogamy position; most studies suggest that psychological "likes" marry or select mates psychologically similar to themselves in apparent support of the homogamy position.

Attention will now be focused on Berne's Transactional Analysis theory. The basic components of his theory, ego states, and Transactional Analysis will be briefly discussed and then Berne's approach to dyadic relationships will be considered.

The key to Berne's system is his conceptualization of ego states:

Ego states are normal physiological phenomena. The human brain is the organ or organizer of psychic life, and its products are organized and stored in the form of ego states. There are other sorting systems at various levels, such as factual memory, but the natural form of experience itself is in shifting states of mind. Each type of ego state has its own vital value for the human organism. An ego state may be described phenomenologically as a coherent system of feelings related to a given subject; operationally, as a set of coherent behaviour patterns, and pragmatically as a system of feelings which motivates a related set of behaviour patterns.⁴³

Berne further writes that "each individual seems to have available a limited repertoire of ego states",⁴⁴ stressing that these ego states are not merely roles but are psychological realities. Repeating what was presented at the beginning of this chapter, Berne⁴⁵ contends that each individual has but three ego states referred to as the extereopsychic (Parent), the neopsychic (Adult), and the archeopsychic (Child). Extereopsychic is the parental system and contains the various forms of behaviour and feelings which a person has learned or borrowed from adults during his maturation. Thus, when an adult is seen behaving toward another adult in a fashion characteristic of a parent dealing with a child, Berne would say that the extereopsychic aspect of this person's personality is operative. The

⁴³ Berne, Op. Cit., p. 17.

⁴⁴ Ibid., p. 31.

⁴⁵ Ibid., p. 23.

neopsychic is that portion of personality which functions as an adult, which is capable of information gathering, data processing and reality testing, and which aims toward the achievement of qualities such as responsibility, sincerity and reliability. The person behaving in the fashion of the adult is bound to reality, and operates in an academic-scientific manner. The archeopsychic is the equivalent of behaviours and feelings which a person has experienced at former age levels, which are maintained in potential existence in a person and which can be brought out in present action in the form of child-like behaviour.⁴⁶ Berne is careful to mention that the term child-like is not the same as childish:

Childish is a term that has come to have strong connotations of undesirability, and suggests behaviour that should be stopped and gotten rid of. Actually the Child is in many ways the most valuable part of personality, and can contribute to the individual's life exactly what an actual child can contribute to family life: charm, pleasure and creativity.⁴⁷

Berne⁴⁸ further elaborates his system by stating that both Parent and Child ego states can be exhibited in one of two ways. Behaviour which occurs in non-rational efforts to direct, suppress, and inhibit others is termed "prejudicial Parent", behaviour and manifestations of sympathy and tender

⁴⁶ Ibid., p. 31.

⁴⁷ Ibid., p. 77.

⁴⁸ Ibid., p. 70.

care for the other person reflect "nurturing Parent" behaviour. Child behaviour can be "adapted", that is, reflect the dominance of parental influence. Or a Child can be "natural" wherein it is more autonomous and acts rebelliously and/or with self-indulgence.

In Berne's system the unit of social intercourse is called a transaction. "In the presence of another person one of them will speak, or give some other indication of acknowledging the presence of the other."⁴⁹ Berne refers to this as constituting a transactional stimulus.⁵⁰ When the other person says or does something which is in some way related to this stimulus, this is called a transactional response. Transactions between individuals may be complementary which serves to maintain communication between individuals, disjunctive which results in friction in the communication between individuals, or crossed transactions which serve to break communication between people. An example of a simple complementary transaction might be an Adult request of a tourist in a strange city to be directed to a hotel and the Adult response of providing such information. Or an example of a Child-Parent transaction might be the request of a thirsty child for a glass of water, and the nurturing mother bringing it. Both

⁴⁹ Ibid., p. 87.

⁵⁰ Ibid.

of these transactions are complementary, that is, the responses are appropriate and expected and follow the natural order of healthy human relationships.⁵¹

Transactions between people may also be disjunctive; responses that do not serve to complement but are antipathetic or in opposition to the stimulus.⁵² An Adult desire of the wife to spend family money on a new dress and the husband's wish to use the same money for a fishing reel would be an example of a disjunctive transaction. The third possibility that may occur in social intercourse is crossed transactions, which as previously stated, break communication between people.

The most common crossed-transaction, and the one which causes and always has caused most of the social difficulties in the world, whether in marriage, love, friendship, or work is seen classically in the psychoanalytic phenomenon of transference.⁵³

In a crossed transaction of this nature the stimulus is Adult-Adult: "Maybe we should find out why you've been drinking more lately", or, "Do you know where my cuff links are?" The appropriate Adult-Adult response in each case would be: "Maybe we should. I'd certainly like to know!" or, "On the desk." If the respondent flares up, however, the responses will be something like: "You're always criticizing me, just like my

⁵¹ Ibid., p. 87.

⁵² Ibid., p. 131.

⁵³ Ibid., p. 94.

father did", or "You always blame me for everything." These are both Child-Parent responses, and as the transactional diagram shows, the vectors cross. (Figure 1)

Turning now to dyad relations Berne contends that Transactional Analysis may be used to study:

[...] impending liaison of various kinds. In these situations [Transactional Analysis] may yield some useful and convincing predictions and postdictions.⁵⁴

Since each person's personality consists of three ego states and when interacting with another person this makes possible nine "vectors" in both directions; in other words, nine stimulus-response combinations. (See Figure 2.) Therefore, when each party is in a complementary relationship with each aspect of the other party, so that satisfactory transactions can take place along each of the nine possible vectors in both directions this is described by Berne as constituting "[...] the non-existent theoretically perfect relationship."⁵⁵ Berne somewhat qualifies this relationship diagram when dealing with mate-selection. "The essential basis of marriage is the secret contract between the two Children, the script of the Children. In a free marriage then, the choice (of a mate) is inevitably governed by the needs of the Child."⁵⁶

⁵⁴ Ibid., p. 123.

⁵⁵ Ibid., p. 130.

⁵⁶ Ibid., p. 214-215.

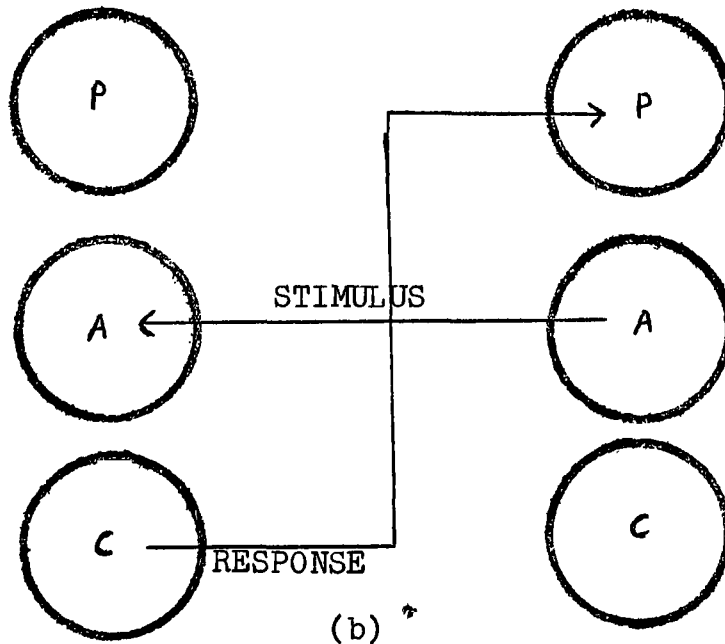
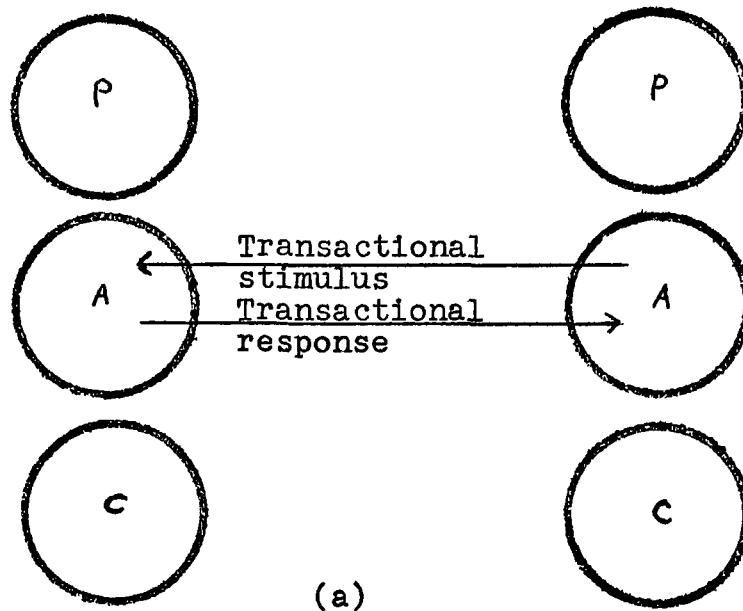


Figure 1.- (a) Complementary Transaction - Type I.
(b) Crossed Transaction - Type I.

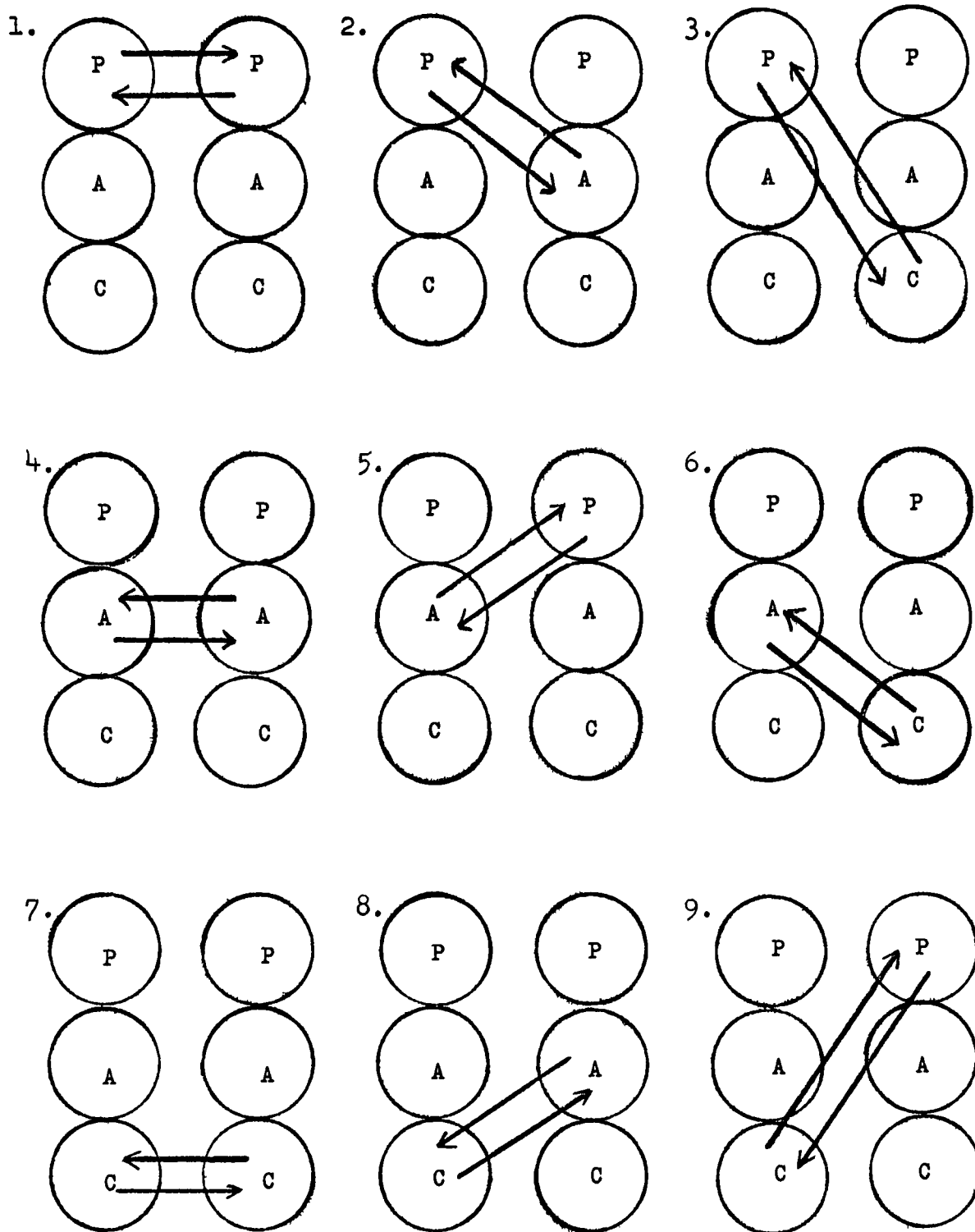


Figure 2.- The Nine Possible Complementary Ego State Transactions in Both Directions for a Dyad.

Studies evaluating Berne's Transactional system of analysis, with the exception of Hall's⁵⁷ experimental investigation of 1963, focus not on the theoretical aspects of this system, but rather on the treatment potential of the transactional approach. Berne himself presents two rather general evaluations of his work based on his clinical experience with Transactional Analysis. Berne does not report use of any control groups, nor does he define the criterion for improvement when he discusses the efficiency of his method. In his first report, 1957, Berne states:

Twenty-three pre-psychotic, psychotic and post-psychotic patients were treated by this method between 1954 and September, 1956. Without going into the difficult question of therapeutic criteria, eighteen of these patients (78%) vastly improved by both subjective and objective standards, and three held their own. The remaining two were classified as therapeutic failures and were re-hospitalized at their own suggestion; one because he was afraid he might lose control, the other because she could not sustain her lucid intervals in the face of external stress. Among forty-two non-psychotic patients treated during this period, the results were less apparent. Sixty-seven per cent improved by the same criteria, and thirty-three per cent merely held their own.⁵⁸

Berne's second evaluation of the transactional method appeared in 1961. Berne states:

⁵⁷ Albert John Hall, "Transactional Analysis and the Prediction of Interpersonal Behavior", unpubl shed doctoral thesis presented to the University of Portland, Oregon, 1963, 75 p.

⁵⁸ Eric Berne, "Ego States in Psychotherapy", American Journal of Psychotherapy, Vol. 11, 1957, p. 297.

In the writer's experience during the past four years, about one hundred people gave it [the Transactional Analysis Method] a fair trial, (at least seven consecutive weeks, sometimes as long as two or three years). Twenty of these were pre-psychotic, psychotic, or post-psychotic. In the majority of cases the treatment ended with the patients, their friends, and the therapist all feeling better. The experiences of other therapists using this form of treatment are similar in many instances. Patients who had previously been treated by one or more other psychiatrists using orthodox psychoanalysis, psychoanalytic theory, and various other approaches were particularly gratifying to work with because they were so well prepared. These usually left in good spirits with a very favourable attitude toward Transactional Analysis.⁵⁹

In addition, the efficacy of Transactional Analysis with groups is regularly reported by Berne's group in their publication, The Transactional Analysis Bulletin. However, these reports are merely clinical presentations of the progress of various groups presently undergoing Transactional Analysis, and are not intended to be instances of clinical research.

The single experimental study of Berne's method was done by Hall⁶⁰ in 1963. Hall attempted to predict, using Berne's theory of ego state functions, the interpersonal behaviour of a group of normals and a group of inmates in different kinds of interpersonal situations. Hall's procedure was to administer to each group a list of adjectives, to obtain a self-description and description of their behaviour

⁵⁹ Berne, Transactional Analysis in Psychotherapy.

⁶⁰ Hall, Op. Cit.

with liked and disliked inferiors, and liked and disliked superiors. He reported results that were consistent with Berne's theory:

There were greater Good Child scores towards liked-superiors, greater Bad Child scores toward disliked-superiors, greater Good Parent scores toward liked-inferiors and for normals, greater Bad Parent scores toward disliked-inferiors. As predicted, there were more Child scores toward superiors, more Parent scores toward inferiors, more Child scores from prisoners, and more Bad Child scores from prisoners on certain tasks.⁶¹

Using Berne's ego state theory then, Hall was able to predict to a significant degree interpersonal behaviour of two divergent groups of male subjects. The only systematic study available then supports the interpersonal aspects of Berne's transactional system.

On the surface it seems rather curious that a system that can attract such an enthusiastic following in the clinical community--The Transactional Analysis Bulletin lists members in practically every state in the United States, as well as Canada, South America, and Europe, and in addition, conducts regularly scheduled courses and seminars in Transactional Analysis in five branch locations in different regions of the United States--should be so completely ignored by research workers. Perhaps Luborsky's⁶² comments concerning Berne's

⁶¹ Ibid., p. 5.

⁶² Lester Luborsky, "Psychotherapy: Special Applications and Techniques", Annual Review of Psychology, Vol. 10, 1959, p. 332.

method, which appeared in the 1959 Annual Review of Psychology, will provide a partial answer to this apparent paradox. Addressing himself to the question of new techniques in psychotherapy Luborsky states:

It is surprising how many techniques are offered each year as novel and yet none of them strikes one as being very new. Berne describes a therapeutic approach aimed at 'structural analysis' to strengthen the boundaries between the various ego states and help the Adult part of the ego to be an ally in the treatment.⁶³

This is the total space devoted by Luborsky to Berne's system, and certainly implies that nothing very new is offered by Berne. Perhaps many other research people consider Berne's approach to be simply another form of ego psychology and not important enough to warrant major research efforts. Although Berne himself acknowledges that his system was anticipated by Federn in his ego psychology and says, "What is new as is often the case, is not necessarily the concepts, but the emphasis and development (of Federn's concepts)"⁶⁴, it is rather doubtful if the lack of research related to Berne's method is attributable to its tie to familiar concepts from ego psychology.

Kelly's⁶⁵ review of Berne's major book (Transactional Analysis in Psychotherapy) seemed to regard the transactional

⁶³ Ibid., p. 332.

⁶⁴ Berne, "Ego States in Psychotherapy", p. 293.

⁶⁵ George A. Kelly, "Look Who's Talking", Contemporary Psychology, Vol. 3, 1963, p. 139-140.

method in a very favourable light:

This book is important not only because it has something to say, but also because [...] systematic approaches to group psychotherapy have been slow in developing. But Berne has devised a way of programming group efforts that makes a lot of sense.⁶⁶

This favourable review, however, also failed to stimulate research. Perhaps, though, it is not due to apathy on the part of the research worker toward Berne's system, but rather a difficulty in translating his theory into an adequate experimental framework that accounts for the lack of systematic research.

Berne's transactional system is primarily a group therapy treatment technique. In order to conduct research on the treatment aspects of Berne's system, the research worker must first find group psychotherapists who are familiar with and qualified to use Transactional Analysis, and who would be willing to submit their groups to a research project. A researcher interested in conducting a study related to the theoretical aspects of Berne's system, rather than the treatment efficacy of the system, would encounter a qualitatively different but equally difficult problem in terms of research methodology. It is far from an easy task, as the present writer has discovered, to translate Berne's theory into an experimental design that can be quantitatively evaluated. Finally, Berne's system was

⁶⁶ Ibid., p. 190.

set forth in 1961, and is still a relatively new system; research studies on it may simply not be ready for publication. It is quite possible then that the gap between the interest shown by the clinical community in Berne's work and the dearth of systematic research is a function of the recency of the system and formidable methodological difficulties in testing this system rather than a lack of interest in the system. It would seem likely that if the popularity of Berne's approach continues to grow as it has in the past, methodological issues will be resolved, and systematic studies will follow. The present paper is an attempt to test not only the implications of Berne's theory concerning dyadic relationships, but also to contribute to dyadic research methodology by constructing an instrument that will objectively and reliably measure at the dyad level, Berne's ego state system of transactions.

In a concluding remark concerning the literature related to Berne's Transactional Analysis one may state that the lone systematic study conducted by Hall⁶⁷ claims support for Berne's concept of the role of ego states at the interpersonal level; clinical summaries by Berne and his co-workers offer "soft evidence" for the efficiency of Transactional Analysis as a treatment technique in group psychotherapy.

⁶⁷ Hall 1, Op. Cit.

It is the concern of the present study to examine the theoretical implications of Berne's system as it applies to dyadic relationships. Berne constructs for use in his clinical work an ego state transactional model which he states:

[...] is a valuable predictive and postdictive instrument with a retrospective accuracy of the order of 80 or 90 per cent. What will happen at various times in the course of a 'relationship', and the ultimate outcome, can be foreseen with considerable confidence from this procedure.⁶⁶

This is rather a striking statement and it will be the purpose of this study to submit Berne's transactional model of dyadic relationships to systematic evaluation..

This study will focus on Berne's hypothesis that a theoretically ideal dyadic relationship exists when each party's respective Parent, Adult, and Child ego states have complementary transactions in both directions. Translated into an experimental hypothesis: the greater the number of complementary transactions between the respective Parent, Adult, and Child ego states of an engaged couple, the higher that couple's score will be on two Pre-Marital Adjustment scales. Several other hypotheses related to Berne's relationship theory will also be examined.

This chapter has presented a review of the literature of dyadic relationships. A description of Berne's Transactional

⁶⁶ Berne, Transactional Analysis in Psychotherapy, p. 128.

Analysis system and the literature pertinent to his system was also discussed and finally, Berne's theoretical hypothesis and the experimental hypothesis were presented. The next chapter will contain the presentation of the experimental design used to evaluate Berne's transactional model.

CHAPTER II

EXPERIMENTAL DESIGN

This chapter presents the procedures used to translate the theoretical hypothesis presented at the conclusion of the last chapter, into an experimental test of Berne's relationship theory. The first section provides a description of the sample used in this study. In the second section the tools used in this experiment are described. The third section presents the experimental hypotheses and the sub-hypotheses. This is followed in the fourth section by a discussion of the methods used to gather the data and, finally, in the fifth section the statistical measures used to analyze the data are presented.

1. The Sample.

Thirty-three engaged couples were used in this study. Engaged couples were selected to operationally define an ideal relationship. Their ages ranged from seventeen to forty-five years. Twenty-eight subjects were between the ages of 17 and 22; thirty-three subjects were between the ages of 23 and 28; and five people were over the age of 29 years. The educational background of the sample shows fourteen subjects with Grade 10 or less education; thirty-four participants had Grade 11 or 12;

fifteen people had Grade 13 or were presently attending university; and the remaining three subjects were attending graduate or professional school.

Fifty-five subjects reported themselves to be Roman Catholics, nine subjects were of other Christian denominations, and one person identified himself as being a non-Christian.

The sample used in this study may be generally described as white, young adults, whose religious affiliation predominantly is Roman Catholicism, and who have a Grade 10 or better education.

2. The Tools.

The previous section stated that engaged couples were used in this study to operationally define an ideal relationship. The degree of "idealness" of their relationship was operationally defined by their scores on two Pre-Marital Adjustment Scales. The degree of ego state "idealness" of their relationship was assessed by an instrument which was specifically constructed to sample the ego state transactions of the engaged couples.

The principle criterion variable is the Engagement Success Inventory¹ (Pre-Marital Adjustment Scale A or simply

¹ A copy of the Engagement Success Inventory (Pre-Marital Adjustment Scale A) appears in Appendix 1.

Scale A). This scale is made up of twenty-six multiple-choice items culled by Burgess and Wallin² from the Burgess-Cottrell Marital Adjustment Index. Scale A attempts to survey the degree of satisfaction or dissatisfaction that each couple felt in such important matters as demonstration of affection, confiding, and common interests. It also registers complaints about the prospective spouse and the engagement itself, and reports showing whether the relation was more satisfactory to one of the couple than to the other. Burges and Wallin reported test-retest reliability of the Engagement Success Inventory to be .75 and .71 for eighty-one men and women respectively who answered the same questions after a six-month interval.³ In another study using the Engagement Success Inventory, Burgess and Wallin reported that men and women who had broken their engagement had lower average scores on the Engagement Success Inventory than those who married.⁴ In addition, prediction scores for the Engagement Success Inventory correlated positively but not to a significant degree with marital success scores from a marriage questionnaire constructed by the same authors.⁵

2 Ernest W. Burgess and Paul Wallin, Courtship, Engagement and Marriage, Philadelphia, J.B. Lippincott, 1954, p. 237.

3 Ibid., p. 238.

4 Ibid., p. 240.

5 Ibid.

The second scale used to assess the engaged couples' pre-marital adjustment was Bowerman's⁶ General Evaluation of Marriage Inventory⁷ (Pre-Marital Adjustment Scale C or simply Scale C). This scale was based on the concept that summary evaluations which individuals make of their relationships with other individuals, in its entirety, as would be suggested by statements as: that the engagement was fairly satisfactory, or was extremely satisfactory, or that they had made a very good adjustment, and so on, could be made by individuals with a fair degree of reliability and validity.⁸

Pre-Marital Adjustment Scale C consists of twelve questions which asked for a subjective evaluation of the engagement; for example, the degree of happiness, the amount of quarrelling, how many disappointments, and disagreements there have been during their engagement, and so on. These items formed a Guttman scale with a reproducibility of ninety per cent for a sample of one hundred and two couples.⁹ The scores of sixty-four women were correlated with scores obtained from the same items answered one, two, and three months earlier, and

⁶ Charles E. Bowerman, "Adjustment in Marriage: Overall and in Specific Areas", Sociology and Social Research, Vol. 41, 1957, p. 257-263.

⁷ A copy of the General Evaluation of Marriage Inventory (Pre-Marital Adjustment Scale C) appears in Appendix 2.

⁸ Bowerman, Op. Cit., p. 258.

⁹ Ibid., p. 259.

obtained a product-moment correlation of .72,¹⁰ a moderately high reliability for such a short scale. No reported validity studies were available for this scale.

Thus, while the scales selected to assess the dyadic relationships studied in this experiment are far from ideal instruments, they appeared to be the best of a rather mediocre lot, and seemed to have sufficient content validity to warrant their use. In particular the Engagement Success Inventory, Pre-Marital Adjustment Scale A, seemed to be the stronger of the two scales. In its construction, each item was selected on its ability to discriminate between the engagements that ended in marriage and broken ones. The General Evaluation of Marriage Inventory, Pre-Marital Adjustment Scale C, provides more of a phenomenological view of the dyadic relationship. It is felt that these two scales provide a reasonably objective evaluation of the relationship of the engaged couples, and constitute the independent or criterion variable used in this study. The engaged couples' relationship then is operationally defined by their relative standing on the criterion variable.

The experimental variable, the ego state transactions between dyadic members, was measured by an instrument--the Transactional Index¹¹--developed by the author to accomplish this task.

¹⁰ Ibid., p. 259.

¹¹ Copy of the Transactional Index appears in Appendix 3.

Berne contends that an ideal relationship occurs when a couple manifest complementary vectors between their respective Parent, Adult, and Child ego states. In order to determine dyadic complementarianness for each ego state, a list of adjectives denoting Parent, Adult, and Child ego states were systematically selected, based on Gough's Adjective Check List.¹²

Since the Transactional Index was developed from the Adjective Check List the basic properties of the Adjective Check List will now be discussed before presenting the procedures used to construct the Transactional Sample.

The Adjective Check List consists of three hundred adjectives commonly used to describe the attributes of a person. The adjectives used in this list were themselves largely selected from the "surface clusters" found in Cattell's factor analytic study of Allport and Odbert's classic enumeration of some 17,953 trait names.¹³ The Adjective Check List has been previously used to study Berne's Transactional Theory in an investigation by Hall¹⁴ to study the concept of shifting ego

¹² Harrison G. Gough, The Adjective Check List Manual, Palo Alto, California, Consulting Psychologists Press, 1965, p. 3-32.

¹³ Ibid., p. 3.

¹⁴ Albert John Hall, "Transactional Analysis and the Prediction of Interpersonal Behavior", unpublished doctoral thesis presented to the University of Portland, Oregon, 1963.

states. In Hall's study adjectives were selected that reflected "Bad" and "Good" Child and "Bad" and "Good" Parent. The success of this study in using the Adjective Check List to denote ego states prompted the writer to use the Adjective Check List not only as a word source for "Good" and "Bad" Parent and "Bad" and "Good" Child ego states but for "Bad" and "Good" Adult ones as well. The procedure used to select words from the Adjective Check List for use in the Transactional Index will now be described.

1) Each of the three hundred words on the Adjective Check List was categorized into either Parent, Adult, or Child groupings by four independent judges.¹⁵ A second classification run was also conducted to determine test-retest reliability of the judges' classifications and to further compare inter-judge adjective classifications. Of the three hundred adjectives, sixty-four were discarded when they failed to meet the minimum criterion of being selected six of eight possible times for the same ego state category. The results (Table I) showed that 116 adjectives were selected by all four judges on both trials, 100 per cent agreement, as reflecting either the Parent, Adult, or Child

¹⁵ The classification of each of the adjectives on the Adjective Check List by the four Judges appears in Appendix 4.

Table I.-

Inter-Judge Agreement for the Classification of Adjective Check List into Parent, Adult and Child Ego States.

Ego States	Agreement		
	100%	88%	75%
Parent	15	9	22
Adult	34	18	18
Child	67	23	30
Total	116	50	70

ego state. Fifty adjectives were classified seven of eight times in the same category or had 88 per cent inter-judge agreement. Seventy words were placed in the same category six of eight times or had 75 per cent inter-judge agreement.

ii) The next step was to administer this pool of 236 reliable adjectives to a group of seventy-five engaged couples who were asked to check only "those adjectives which describe you as you really are, not as you would like to be."

iii) Five favourable and five unfavourable Parent, Adult, and Child adjectives were then selected based on the frequency of times they were checked by the pre-run group of seventy-five engaged couples, and their reliability status. (Table II). The adjectives selected for the Transactional Index also had been judged to be favourable or unfavourable in an early study by Gough.^{15a}

Before these adjectives were administered the following directions were given the subject: "Each of us feels, acts, and behaves in many different ways at various times. This, in turn, has an influence on the people around us. What we are interested in in this study is how these different behaviour patterns he (she) exhibits affect you and how you usually respond. On the following pages are some of the feelings, acts, and behaviour you have probably encountered during your relationship with your fiance (fiancee). Please read each statement carefully and select the word from the

^{15a} Gough, Op. Cit., p. 6.

Table II.-

Characteristics of Adjectives Selected for the Transactional Index Based on Responses of Seventy-Five Engaged Couples.

Ego State Adjectives	Frequency of Selection %	Reliability of Adjectives %	Affective Direction Fav. Unfav.	
Parent:				
distrustful	12.3	60	-	X
fault-finding	44.0	75	-	X
sarcastic	42.9	75	-	X
dominant	19.2	100	-	X
bossy	23.1	100	-	X
generous	68.1	75	X	-
appreciative	78.1	60	X	-
considerate	79.5	33	X	-
understanding	64.8	68	X	-
praising	33.0	100	X	-
Adult:				
aloof	8.8	75	-	X
cold	5.5	68	-	X
hard-headed	13.7	75	-	X
indifferent	19.2	75	-	X
dull	9.6	75	-	X
deliberate	22.9	100	X	-
clear-thinking	63.0	100	X	-
quiet	40.7	33	X	-
independent	53.8	75	X	-
practical	71.4	68	X	-
Child:				
foolish	15.1	100	-	X
immature	12.1	100	-	X
aggressive	27.7	68	-	X
impatient	35.2	33	-	X
assertive	24.7	75	-	X
affectionate	31.3	75	X	-
humorous	64.8	100	X	-
warm	68.5	75	X	-
dependent	41.1	100	X	-
idealistic	34.1	33	X	-

attached Response Word List¹⁶ that best describes your usual reaction or response."

The five favourable and five unfavourable Adult, Parent, and Child ego state adjectives were then presented to each dyad member as examples of behavioural events they had likely encountered during their relationship with each other; for example, "When he (she) is fault-finding, I tend to become _____." In each of the thirty statements only the descriptive adjective (the transactional stimulus) is changed. Thus each of the thirty transactional stimuli had the same introductory stem. Similarly, the phrase, "I tend to become _____" which precedes the subject's transactional response, is repeated for each of the thirty statements. Thus each of the statements was presented in the following standard form: "When he (she) is (transactional stimulus), I tend to become (transactional response)."

The adjectives available to the subjects to complete each statement (referred to as Response Word List)¹⁷ were the 262 favourable and unfavourable adjectives that four judges had previously classified as behaviorally indicating either the Parent, Adult, or Child ego state. (It was also from this list of adjectives that the transactional stimuli were selected.) By selecting an adjective from the Response Word

¹⁶ A copy of Response Word List appears in Appendix 5.

¹⁷ See Appendix 5.

List to complete the open-ended statement--his transactional response to the transactional stimulus--it was possible to objectively identify the response as being either a favourable or unfavourable Parent, Adult, or Child ego state adjective.

Scoring the Transactional Index.- Numerical values were assigned to each of the thirty transactions for each dyad member based on the complementarianness or non-complementarianness of the transaction. In other words, if the subject selected a favourable and appropriate ego state adjective as his or her usual response to a particular ego state stimulus--behavioural event--of his mate, the transaction was scored in the positive direction; if, on the other hand, an unfavourable or inappropriate ego state adjective was selected, the transaction was considered to be non-complementary (disjunctive) and was scored in a negative direction. If a neutral adjective was chosen the transaction was assigned a zero score. Scores were also assigned to each transaction that reflected a Type 1 or Type 2 crossed-transaction. (See Figure 1.) A Type 1 crossed-transaction is a Child to Parent transactional response to an Adult stimulus. A Type 2 crossed-transaction is a Parent to Child transactional response to an Adult stimulus. The Transactional Index then had nine category scores for each subject and each dyad when respective dyad member scores were combined to form unit scores. The nine categories: (1) total number of complementary transactions,

(2) total number of non-complementary transactions (disjunctives), (3) total number of crossed-transactions, (4) total number of positive Parent transactional responses, (5) total number of negative Parent responses, (6) total number of positive Adult responses, (7) total number of negative Adult responses, (8) total number of positive Child responses, (9) total number of negative Child responses.

The order of transactional stimuli presentation in this measurement was as follows: (1) an unfavourable Adult transactional stimulus, (2) a favourable Adult transactional stimulus, (3) an unfavourable Child transactional stimulus, (4) a favourable Child transactional stimulus, (5) an unfavourable Parent transactional stimulus, (6) a favourable Parent transactional stimulus, the sequence beginning anew with statement number seven. This procedure of alternating single presentations of favourable and unfavourable transactional stimuli for each ego state was adopted to discourage the build-up of either a positive or negative response set. The Transactional Index then is a standardized open-ended test specifically designed to objectively sample, in a quantifiable manner, the Parent, Adult and Child transactions that occur between the respective members of the engaged couples used in the study. Having described the procedures used to construct the instrument employed to measure the experimental variable and the manner of administration and scoring of this instrument, it is now possible to present the experimental hypotheses.

3. Experimental Hypotheses.

Primary Hypothesis.- The greater the number of complementary transactions between the respective Parent, Adult, and Child ego states of an engaged couple the higher their score will be on two Premarital Adjustment scales. **Null hypothesis:** The correlation between the number of complementary transactions between the respective Parent, Adult, and Child ego states of an engaged couple and their scores on two Premarital Adjustment scales is not significantly different from zero.

Sub-hypothesis A.- The greater the number of disjunctive transactions per couple, the lower will be that couple's score on two Premarital Adjustment scales. **Null form:** The correlation between the number of disjunctive transactions per couple and that couple's score on two Premarital Adjustment scales is not significantly different from zero.

Hypothesis II.- The greater the number of complementary transactions between the respective Child ego states of an engaged couple the higher their score will be on two Premarital Adjustment scales. **Null form:** The correlation between the number of complementary transactions of the couple's Children and their score on two Premarital Adjustment scales is not significantly different from zero.

Hypothesis III.- The greater the number of crossed-transactions, Type 1 and Type 2 per couple, the lower will be that couple's score on two Premarital Adjustment scales.

Null form: The correlation between the number of Type 1 and Type 2 crossed-transactions in a couple's score on the Transactional Index and two Premarital Adjustment scales is not significantly different from zero.

4. Data Gathering Procedures.

Attention will now be focused on the method used to introduce the research project to the engaged couples and controls adopted to maximize confidentiality and thereby encourage respondent-frankness.

The importance of obtaining frank and sincere replies from each individual on each of the measurements used, and at the same time not to adversely interfere with the couple's relationship involved a methodological as well as an ethical issue that was dealt with in a series of pre-test interviews.

Each couple was seen privately by the examiner. The research problem was first explained in general terms: "This is a research project interested in testing a theory dealing with the relationships of engaged couples." Next, the couples were informed that the tests were for research purposes only and the test results would, under no circumstances, be made available to either party. This point was carefully stressed

in an attempt to lessen the anxiety either party might have had concerning their relationship should the test results be used as predictors of marital success or failure.

In addition, since many questions dealt with their own responses in various situations, the problem of the subjects simply answering in a socially desirable direction was hopefully lessened by assigning each subject a code number and assuring each subject that they would have complete anonymity, since their names would not be on any of the test material, and in fact would not even be known to the examiner.

Testing Procedures.- The engaged couples were tested as a group. Couples seated next to one another were asked to move at least a seat away from their fiance (fiancee). This seating procedure was used to reduce couple-response comparisons, to promote confidentiality and to encourage frank responding. None of the measurements used were timed tests and each individual was given as much time as he cared to take to complete each test.

The first test administered was the Engagement Success Inventory (Scale A). The following week the General Evaluation of Engagement Scale (Scale C) was given to the group. In the third week the Transactional Index was administered to the subjects. After a two-week interval the tests were repeated to obtain reliability data. The tests were given in the same sequence; that is, Scale A, Scale C, and then the Transactional

Index. Once again there was a one-week interval between the tests and the directions used during the first test administration were repeated in the re-test situation. A one-month period intervened between re-tests for each instrument; hopefully this reduced the use of memory as a response aid.

5. Statistical Analysis of the Data.

a) The reliability of Pre-Marital Adjustment Scales A and C and the Transactional Index was obtained by the test-retest method, and the coefficient was derived through the use of rank-difference correlation method of Spearman. The rank-difference technique was chosen because of the relatively small number of couples--twenty-seven for which complete test data was available. (b) Sex differences on each measurement were evaluated by the use of the t test for small groups. (c) Intra-dyad correlations on the Pre-Marital Adjustment Scales and the Transactional Index was determined by the use of the rank-difference method. (This latter statistic was computed to determine the feasibility of combining dyad member scores into dyad unit scores.) (d) The primary experimental hypothesis--the correlation between the two Pre-Marital Adjustment Scales and the Transactional Index--was also evaluated using the rank-difference method. (e) On Sub-Hypothesis A, the relationship between high and low disjunctive dyads and high and low dyad scores on the criterion variables was

evaluated using chi square 2 x 2 contingency tables. (f) The relationship of each of the ego states to the criterion variable was also computed by the use of 2 x 2 contingency tables as described in (e). The use of the chi square statistic in the later hypotheses analyses was necessitated by the unwieldy number of tied ranks (for Rho correlation) when Transactional Index sub-tests were used.

This chapter has presented a description of the sample, tools, and procedures used in this study, and a statement of the experimental hypotheses based upon the theoretical hypothesis presented in the first chapter. The statistical methods used to analyze the data complete the chapter. The next chapter will contain the presentation of the results of the experiment and a discussion of the data.

CHAPTER III

RESULTS AND DISCUSSION

This chapter presents the results of this study and a discussion of these results.

The first section presents the test-retest reliability coefficients for each measurement. This is followed in the second section by an examination of sex differences. The third section presents intra-dyad rank-difference correlations for the measurement instruments used in this study. The findings with regard to the predictive power of Berne's transactional relationship model appear in sections 4, 5, 6, and 7. Discussions follow the presentation of results in each of these sections. Critical comments related to the methodology of this study appear in section 8, and a final evaluation of Berne's transactional ego state model appears in section 9. Finally, this chapter is concluded in section 10 with a discussion of implications for further research.

1. Reliabilities.

The reliability (Table III) of the criterion variable--Pre-Marital Adjustment Scales A and C--and the experimental variable--Transactional Index--was obtained by the test-retest method, and the coefficient was arrived at through Spearman's rank-difference correlation technique. The

Table III.-

Rank-Difference Test-Retest Correlation for Pre-Marital Adjustment Scales A and C and Transactional Index.

Measurements	Test-Retest p Males	Level of Sign.	Test-Retest p Females	Level of Sign.
Pre-Marital Adjustment Scale A	.865	> .01	.787	> .01
Pre-Marital Adjustment Scale C	.818	> .01	.738	> .01
Transactional Index	.684	> .01	.680	> .01

test-retest time interval for each measurement was four weeks. Data related to male and female subjects were grouped separately to test for the presence of sex-group differences with regard to the reliability of the measurements. The correlations (Table III) for male and female subjects show test-retest Rho correlations above the .01 level of significance for the three measurements. The Transactional Index showed the lowest correlation coefficient of the three tests. Even so the Transactional Index also, as mentioned, had a test-retest Rho correlation coefficient that is significant at the .01 level.

The reliability coefficients for the females were generally lower than those for the males. However, these differences were not statistically significant. The results presented in Table III also suggest that variables being measured by these tests are a reasonably stable, relatively enduring pattern of feelings and attitudes. Finally, while no sex differences in terms of respective male and female reliability coefficients were revealed, the question concerning a possible sex difference in the direction of their responses to the various measurements has not as yet been answered; it will now be considered.

2. Sex-Group Differences.

Table IV shows the mean sex-group differences of the Pre-Marital Adjustment Scales and the Transactional Index. The obtained t-ratios indicate that there is no significant difference between the means of the male and female subjects on any of the measurements used in this study. In other words, the male and female subjects did not, as a sex-group, differ to a significant degree in the way in which they responded to a particular test.

The final question to be answered about the problem of sex-group differences deals with the possibility of there being a difference between the sexes when their respective dyad scores on the experimental variable are correlated with the criterion variable. Table V presents these rank-difference correlations between the Pre-Marital Adjustment Scales and Transactional Index for males and females respectively. Both groups showed similar patterns of inter-test correlation with the exception of a relatively high positive correlation between the scores of the Pre-Marital Adjustment Scale A and the Transactional Index scores for the male subjects. (This correlation will be discussed in more detail during a discussion of the relationship between Berne's theoretical model and criterion variables.) It would appear then that with the exception of the aforementioned relationship,

Table IV.-

Mean Sex Differences for Pre-Marital Adjustment Scales A and C,
and for Transactional Index.

Measurements	Males		Females		t	Level of Sign.
	M	S.D.	M	S.D.		
Pre-Marital Adjustment Scale A	98.44	14.57	102.68	15.46	1.71	N.S.
Pre-Marital Adjustment Scale C	43.39	2.04	44.46	0.83	.426	N.S.
Transactional Index	205.20	47.31	204.01	39.40	1.03	N.S.

Table V.-

Rank-Difference Correlation Between Pre-Marital Adjustment Scales
A and C and Transactional Index for Males and Females.

Sex	Measurements	Transactional Index	Level of Sign.
Males:	Pre-Marital Adjustment Scale A	.397	>.05
	Pre-Marital Adjustment Scale C	.081	N.S.
	Pre-Marital Adjustment Scales A and C combined	.346	N.S.
Females:	Pre-Marital Adjustment Scale A	.106	N.S.
	Pre-Marital Adjustment Scale C	.150	N.S.
	Pre-Marital Adjustment Scales A and C combined	.155	N.S.

significant differences between the sexes did not occur in reliability of responses, scored direction of responses, or generally between the independent and dependent measurements used.

3. Intra-Dyad Correlations.

The basic unit of study in this experiment is the engaged dyad. The data presented up to this point indicate that with one exception no statistically significant sex differences on the measurements occurred, but before the scores of the dyad members are combined into composite or unit scores, it is first necessary to demonstrate that the scores obtained by the dyad members correlate with one another above chance levels. Should the scores of one dyad member be highly correlated with the scores obtained by the second, then it would be logically and statistically permissible to combine their scores and treat each dyad as a unit, allowing one to proceed with an analysis of the results in terms of dyadic relationships.

Table VI presents rank-difference correlations between dyad members for Pre-Marital Adjustment Scales A and C, these scales combined, and for the Transactional Index. The correlation coefficients between the dyad members on all tests except one are at the .01 level of significance. The single exception to this is a correlation significant at the

Table VI.-

Rank-Difference Correlation Between Dyad Members on Pre-Marital Adjustment Scales A and C and Transactional Index.

Measurements	Dyad Members	Level of sign.
Pre-Marital Adjustment Scale A	.509	> .01
Pre-Marital Adjustment Scale C	.476	> .05
Combined Pre-Marital Adjustment Scales (A & C)	.660	> .01
Transactional Index	.643	> .01

.05 level between dyad members on Pre-Marital Adjustment Scale C. Thus, the high positive relationship between the scores of the members of the engaged dyads makes it possible to use dyad unit scores, achieved by combining their separate scores, for the Pre-Marital Adjustment scales, and the Transactional Index.

4. Results: Primary Hypothesis.

It is now possible to present the data related to the experimental hypothesis. Berne,¹ as stated previously, affirms that the structure of each individual personality consists of three ego states--Parent, Adult, and Child. At any given time one of these ego states is dominant or acts in an executive capacity in contacts with another person or persons. The degree of transactional complementarianness that occurs between respective dyad member ego states will, according to Berne,² determine the degree to which that relationship "represents a non-existent theoretically perfect relationship [ideal relationship]."³ (Figure 3) Returning now to the object of study in this experiment, the engaged dyad. Since

1 Eric Berne, Transactional Analysis in Psychotherapy, New York, Grove Press, 1961,

2 Ibid., p. 130.

3 Ibid.

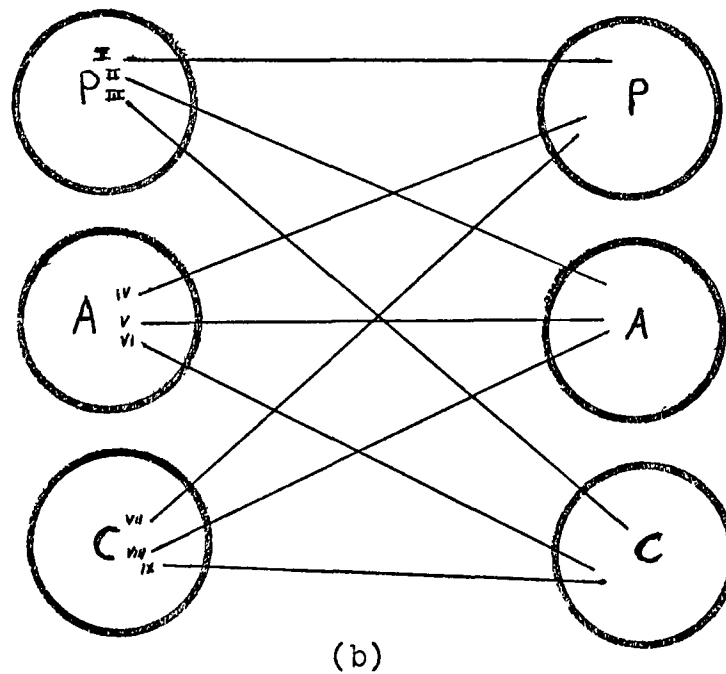
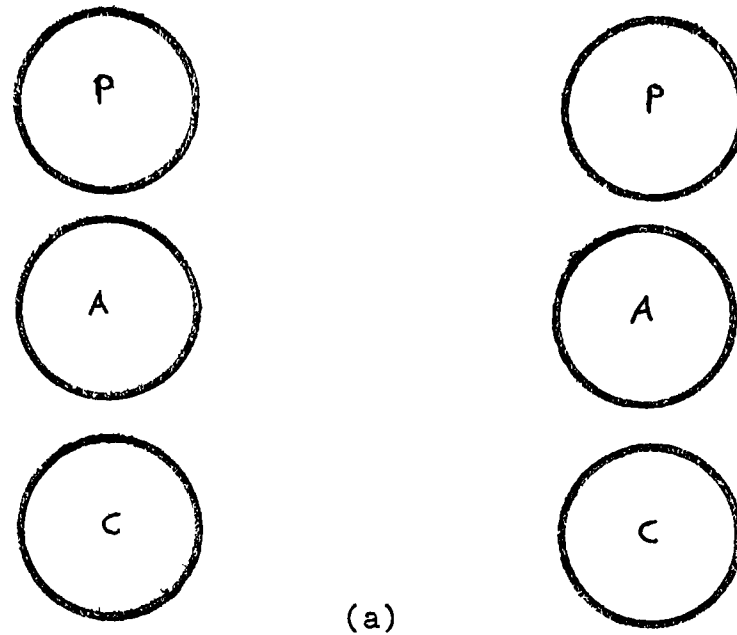


Figure 3.- (a) Berne's Transactional Ego State Model of Two Unrelated Personalities, and (b) a Non-Existent Theoretically Perfect or Ideal Relationship.

each person's personality consists of three ego states, when interacting with another person, this makes possible nine "vectors" in both directions; in other words, nine stimulus-response combinations. Berne's concept of a theoretically ideal dyadic relationship is simply a relationship where each ego state of one party is in a complementary relationship with each ego state aspect of the other party.

Translated into an experimental design each engaged couple was administered the Transactional Index, an instrument designed to gauge each member's usual transactional response to his mate's transactional stimulus. The total number of complementary transactional responses, the sum of Parent, Adult, and Child complementary transactions per engaged dyad, constituted the couple's complementary transactional score, analogous to Berne's complementary vectors, and is the primary independent variable in this study. As discussed earlier, each couple was also administered two Pre-Marital Adjustment Scales in an effort to obtain (1) a rather global and (2) a more specific and subjective measurement of the adequacy or "idealness" of each dyadic relationship; this constituted the criterion or dependent variable. The primary experimental hypothesis states: the greater the number of complementary transactions between the respective Parent, Adult, and Child ego states of an engaged dyad the higher their score will be on two Pre-Marital Adjustment Scales.

Table VII presents the rank-difference correlations between the engaged couples' Transactional Index score--the sum of their complementary transactions across ego states--and dyad scores on Pre-Marital Adjustment Scale A, Pre-Marital Adjustment Scale C, and their combined score on Pre-Marital Adjustment Scales A and C.

The correlations between dyad scores on the Transactional Index and the Pre-Marital Adjustment Scales showed low positive correlations, and in the case of Scale A the correlation approached but did not reach the minimally accepted .05 level of significance. Thus, the null hypothesis--the correlation between the dyads' complementary transactional scores and their Pre-Marital Adjustment Scale scores are not significantly different from zero--could not be rejected. It is important at this point, however, to consider a factor that is not uncommon in studies dealing with relationships between people, the drop-out factor.⁴ In any

⁴ Nathan Epstein, at First Clarence M. Hincks Memorial Lectures, Conference on Prevention of Psychiatric Disorders, Faculty of Medicine, University of Ottawa, February 3, 1967.

Epstein reported in a paper read at the above conference that families who had numerous intra-familial problems consistently refused to participate in their research projects, while families who appeared to have harmonious intra-familial relations readily consented to participate in research projects. Epstein further commented that it appeared that the multi-problem family did not want to expose their rather fragile and precarious family structure to "outsiders" who were perceived by them as potential sources of disruption. It is consistent with Epstein's hypothesis to suggest from the drop-out couples relatively low scores on Pre-Marital Adjustment Scale, that these engaged couples perceived their relationship to be threatened by an exploration of their feelings and attitudes toward each other and the relationship itself and thus withdrew rather than "exposing" themselves further.

Table VII.-

Dyad Rank-Difference Correlations Between Pre-Marital Adjustment A and C, and A and C Combined and Transactional Index.

Dyad Rank Order	Dyad Rank Order Transactional Index	Level of Sign.
Pre-Marital Adjustment Scale A	.364 ^a	N.S.
Pre-Marital Adjustment Scale C	.280	N.S.
Pre-Marital Adjustment Scales A and C Combined	.231	N.S.

^a A correlation of .364 is needed to be significant at the .05 level of confidence.

study using human or, for that matter, animal subjects some degree of attrition is to be expected. However, it is of crucial importance to consider also, as best as one can, the characteristics of those subjects who dropped out. Table VIII shows the rank position from the median rank for the couples who chose to terminate their participation in the study. Of the six couples who failed to continue, it is interesting to note that five of the six couples obtained Pre-Marital Adjustment Scale A scores below the median rank. The degree of deviation ranged from only two below the median couples' rank position, to thirteen ranks below the median score. This latter position being only one rank above the entire sample's lowest dyad score on Pre-Marital Adjustment Scale A. The lone drop-out couple that scored above the median had a score that was four ranks above the median. Thus, if the drop-out couples had obtained a Transactional Index score consistent with scores obtained for the other dyads in the group, simply the increase in the number of couples used in the study would have resulted in a rank-difference correlation between Scale A and Transactional Index significant above the .05 level of significance.⁵ Therefore, while the primary hypothesis predicting a relationship between the engaged couples' transactional score and their Pre-Marital Adjustment Scale scores

⁵ With twenty-seven couples an Rho of .364 was obtained. Needed for .05 is .334, an additional six couples would lower the .05 Rho to .353.

Table VIII.-

Dyad "Drop-Outs" Rank Deviations from the Median Rank on Pre-Marital Adjustment Scale A.

Six Dyad Drop-Outs	Raw Scores for Dyad Drop-Outs Pre-marital Adjustment Scale A	Median Raw Score for Dyads Who Completed Study	Rank Devi- ation + a - from Median Rank
A	204	190	+4
B	197	198	-2
C	196	190	-3
D	183	198	-6
E	162	198	-7
F	124	198	-13

did not receive full statistical support, the consistent positive rank-difference correlations obtained between the dyads' Pre-Marital Adjustment scores and their Transactional Index scores, the probable lowering effect the "drop-outs" had on the correlation for Scale A; and the significant correlation, at the .05 level, found for the male subjects on Scale A combine to suggest that there is a relationship, as Berne predicts, between the degree of ego state complementarianness and the satisfactions two people derive from their relationship, as measured by their scores on Pre-Marital Adjustment Scale A. And while Scale C and Scales A and C combined showed low positive correlations with the Transactional Index it would appear that this relationship may be due to chance differences.

5. Disjunctive Dyad Transactions.

Sub-hypothesis A.- The greater the number of disjunctive transactions per couple, the lower will be that couple's score on two Pre-Marital Adjustment scales.

As mentioned previously, a disjunctive is a non-complementary transaction between dyad members. A transaction was identified as disjunctive or non-complementary when a dyad member selected from the Response Word List an unfavourable and/or inappropriate ego state adjective as his or her transactional response to his mate's transactional

stimulus. The dyad disjunctive score is the sum of the total number of disjunctive transactions across ego states per couple. Table IX presents the chi square values for the number of disjunctive transactions per couple and that couple's score on Pre-Marital Adjustment Scales A, C, and Scales A and C combined. The chi square values (from 2 x 2 contingency tables) were obtained by ranking the couples from low to high based on that couple's total number of transactional disjunctives. The couples were next ranked from high to low from their scores on Pre-Marital Adjustment Scales A, C, and with Scales A and C combined. Next the dyads' disjunctive rankings were dichotomized at the median rank into low and high categories, and each of the dyad's Pre-Marital Scale rankings was similarly dichotomized at the median rank into high and low categories. The chi square values reflect the relationship between the low category dyad disjunctives and high category Pre-Marital Adjustment scale dyads, and conversely the relationship between the high category disjunctive dyad and low category Pre-Marital Adjustment Scale dyads. A chi square value significant at the .05 level was found between dyads' disjunctive scores and dyad scores on Pre-Marital Adjustment Scale A. The relationship between a dyad's number of disjunctive transactions and their score on Scale C and Scales A and C combined did not prove to be significant. In other words, those couples who had few

Table IX.-

Chi Square Values for the Number of Dyad Disjunctives on
Transactional Index and Dyad Scores on Pre-Marital
Adjustment Scales A & C and A & C Combined.

Measurements	Transactional Index Disjunctives		Level of Sign.
Pre-Marital Adjustment Scale A	χ^2	4.54	>.05
Pre-Marital Adjustment Scale C	χ^2	1.63	N.S.
Pre-Marital Adjustment Scales A and C Combined	χ^2 Combined	1.60	N.S.

non-complementary transactions tended to have a "better relationship" as measured by Pre-Marital Adjustment Scale A than those couples who had a relatively greater number of disjunctive transactions.

Submitting sub-hypothesis A to the null test of no relationship between number of dyad disjunctives and Pre-Marital Adjustment Scale scores, the null hypothesis is rejected for Scale A and accepted for Pre-Marital Adjustment Scale C, and Scales A and C combined. The differential relationship between the couples' transactional disjunctive scores and their scores on Scales A and C is consistent with the earlier finding that complementary Transactional Index scores derived from all three ego states, Parent, Adult, and Child tests, tended to correlate greater with Pre-Marital Adjustment Scale A, itself a global measure of the dyadic relationship, than with Scale C. Since the disjunctive transactional dyad score was drawn from the disjunctives that occurred between dyad members on all three sub-tests of the Transactional Index, it too may be considered a global Transactional Index score.

6. Transactional Index Sub-Tests: Parent,
Adult, Child.

Berne, in discussing a dyadic relationship in the special case of marriage, or relationships leading to marriage, makes special mention of the importance of the role

of the Child ego state. "The essential basis of marriage is the secret contract between the two Children, the contract of the script. In a free marriage, the choice (of a mate) is inevitably governed by the needs of the Child."⁶ The specific meaning of this statement touches on perhaps the most complex concept in Berne's system, that of the script. Described in an over-simplified fashion, the script refers to an underlying motivational disposition to re-create and/or resolve "primal dramas of childhood",⁷ that is, infantile reactions and experiences. Berne's statement that marriage is essentially based on the secret contract between the two Children of a dyad refers to the secret wish of the Child to find a mate who will fit a life-role that will re-create and/or resolve highly meaningful experiences carried over from the infantile period, which sets up motivation to recapture or augment the gains of the original experience.⁸ This study is not designed to consider the role of the script in the selection of life-mates, but Berne's statement concerning mate-choice being inevitably governed by the needs of the Child⁹ implicitly suggests the importance of complementary transactions between the Child ego

6 Berne, Op. Cit., p. 215.

7 Ibid., p. 116.

8 Ibid., p. 116.

9 Ibid., p. 215.

states of the respective parties in making such a choice. Since the Transactional Index consists of transactional stimuli that equally reflect Parent, Adult, and Child ego states it is possible to determine the relative relationship between each ego state and the two Pre-Marital Adjustment Scales. The expectation being that high scores on Child sub-scores would go with high Pre-Marital Adjustment scores. Stated in terms of hypothesis II: the greater the number of complementary transactions between the respective Child ego states of an engaged couple the higher that couple's score will be on two Pre-Marital Adjustment Scales. Once again, the null form of no relationship between Child scores and Pre-Marital Adjustment scores, will be used for purposes of statistical analysis.

Table X presents the results of a chi square analysis of the relationships between Transactional Index sub-scores, Parent, Adult, Child, and the two Pre-Marital Adjustment Scale scores. The dyad scores for Parent, Adult, and Child ego states were arrived at by separately summing the numerical values assigned to the complementary transactions that occurred within dyads between Parent, Adult, and Child ego states. Next each dyad was ranked from high to low on the basis of their complementary transactional score for each ego state. Each dyad was similarly ranked from high to low for Pre-Marital Adjustment Scale A score, Pre-Marital Adjustment Scale C score,

Table X.-

Chi Square Values for the Relationship Between Dyads'
 Transactional Index Sub-Test Scores and Dyad
 Scores on Pre-Marital Adjustment Scales
 A & C and A & C Combined.

Dyad Transactional Index Sub-Tests	Chi Square Values		
	Scale A	Scale C	Scale A and C Combined
Parent	1.00	1.00	1.00
Adult	1.60	1.60	1.60
Child	1.60	4.54 ^a	4.54 ^a

^a Significant at .05 level of confidence.

and on Scales A and C combined. This yielded three transactional sub-test rankings and three Pre-Marital Adjustment Scale score rankings, or a total of nine high to low comparisons. 2 x 2 contingency tables were used to analyse this data rather than the rank-difference method because of the relatively large number of tied ranks that occurred on the Parent, Adult, and Child ego state sub-scores.

Examination of Table X reveals a chi square value significant at the .05 level between dyad Child sub-test scores and the Pre-Marital Adjustment Scale scores for the engaged couples. All other chi square values were not above chance levels. Thus, the null hypothesis of no relationship between an engaged couple's Child score and thus score on Pre-Marital Adjustment Scale C is rejected at the .05 level of confidence. The null hypothesis of no relationship between the dyads' Child scores and their scores on Scale A, and Scale A and C combined is accepted. The ability of hypothesis II to predict that Child dyad scores would correlate positively with Pre-Marital Adjustment Scale C supports Berne's theoretical position concerning the dominant role of the Child ego state in an intimate relationship. The failure of Parent or Adult dyad scores to correlate with Scale C, over the element of chance further supports the importance of the Child role in an intimate relationship. It is suggested that the significant relationship shown between Child ego state dyad scores and

dyad scores on Pre-Marital Adjustment Scale C is based on the emotional variable which appears to dominate the content of both Scale C and the Child sub-test. A differential relationship between Transactional Index total scores and specific scores--the sub-test scores--and Pre-Marital Adjustment Scales A and C has appeared on two occasions. The possible reasons underlying these results will now be examined.

The rank-difference correlations between Pre-Marital Adjustment Scale A and Pre-Marital Adjustment Scale C were consistently above chance levels; for males, .586; females, .596; and for males and females combined, .747. These correlations suggest that both scales overlap considerably on factors measured in the engaged couple's relationship. But even the highest correlations, the dyad correlation of .747 between their scores on Scales A and C accounts for only fifty-six per cent of the common variance between the two tests. This indicates that Scale A is measuring a factor or factors that are not measured in Scale C and vice versa. This situation, however, is neither surprising or unexpected; two scales to measure the degree of "idealness" of the couple's relationship were used because no one scale seemed able to validly perform this task; Scale A was selected because of its careful construction and comprehensive survey of the relationship, and Scale C on the basis of its potential to tap phenomenological aspects of the relationship. It was not

expected then that they would correlate to a higher degree than was found. The items making up Scale C emphasize subjective and affective dimensions of a human relationship. The Child ego state in Berne's system is the major repository for the individual's positive and negative feelings and may be compared, with several modifications, to the psychoanalytic id roles in the emotional life of the individual. It is perhaps then not surprising to find the Child ego state dyad scores correlating to a significant degree with Scale C, and failing to show a relationship to Scale A. In other words, scores of a global nature on the Transactional Index tended to correlate with Scale A, itself a global measure of the couple's relationship. While the Child dyad score--a specific score on the Transactional Index--tended to be related to the dyad scores of the more specific Pre-Marital Adjustment Scale C, and both specific measures as mentioned appear to load heavily on emotional factors. The failure of Child sub-test scores to correlate with Scale A probably reflects other factors besides the emotional measured in the dyad's relationship by Scale A, with these factors out-weighing the influence of the emotional factor when Child scores are correlated with Scale A.

7. Dyad Crossed-Transactions.

Hypothesis III.- The greater the number of Type I and Type II crossed-transactions (a Type I crossed-transaction is an Adult to Adult transactional stimulus that results in a Child to Parent transactional response; a Type II crossed-transaction is an Adult to Adult transactional stimulus that results in a Parent to Child transactional response) per couple the lower their score will be on two Pre-Marital Adjustment Scales. The number of crossed-transactions found within dyads (Table XI) were so few, twenty-nine for the total sample, and the range so limited, zero to two, that it was not possible to statistically evaluate this particular hypothesis. However, simply from visual inspection of the distribution of crossed-transactions in Table XI it would seem that for this sample, per dyad, there appears to be no relationship between the number of crossed-transactions, per dyad, and the Pre-Marital Adjustment Scale scores for the engaged couples. However, the small number of Adult to Adult transactional stimuli, ten per couple, that could produce Type I or Type II crossed-transactions is such that it is not really possible to state with any degree of certainty the importance of this variable.

This completes the presentation of the results of the experiment and a discussion of these results, but before making a final evaluation of Berne's Transactional model of a

Table XI.-

Number of Crossed Transactions Type I and Type II per Dyad
on Adult Sub-Test of Transactional Index.

Coded Dyads	No. of Crossed Transactions
1	1
2	1
3	0
4	0
5	0
6	0
7	1
8	1
9	1
10	1
11	2
12	1
13	1
14	1
15	1
16	1
17	1
18	2
19	0
20	1
21	0
22	1
23	1
24	1
25	1
26	1
27	2
28	2
29	1
30	1
31	1
32	3
33	1
34	1
35	0
36	0
37	2
38	1
39	1
40	2

theoretically ideal relationship from the results of this study, it is important to critically evaluate the study itself. In particular, were serious methodological problems adequately dealt with in order to test, with a reasonable degree of accuracy, Berne's transactional model?

6. Methodological Issues.

In order to translate Berne's relationship theory into an experimental design, two major methodological problems had to be resolved. The first issue deals with the transactions within dyads. Berne, in an explanation of the term "transaction", states that transactions are overt manifestations of social intercourse.¹⁰

These transactions typically occur in chains: a transactional stimulus from X elicits a transactional response from Y; this response becomes a stimulus for X, and X's response in turn becomes a new stimulus for Y. Transactional Analysis is concerned with the analysis of such chains.¹¹

Ideally, in analysing the transactions between two people, each link (transaction) in the chain should be considered since an initial complementary transaction could be followed by a non-complementary or even a crossed transaction. In order to explore in depth a two-person relationship, the entire sequence or chain of transactions should be analysed.

¹⁰ Berne, Op. Cit., p. 36.

¹¹ Ibid., p. 86-87.

However, in an experimental situation using a relatively large number of couples, such a procedure is physically impossible. The number of possible transactions to analyse would be astronomical and the point at which to terminate the analysis of a particular transactional chain would pose additional problems. Therefore, it was decided to limit the transactional analysis to the first transactional stimulus and the first transactional response to that stimulus. In other words, this study analysed only the initial set of transactions in the chain. As noted earlier it is conceivable that at some later point along the chain of transactions the complementary or non-complementary direction of the transactions might be reversed, and what was scored as a complementary or a non-complementary transaction might, by the conclusion of the transaction chain, end up as the very opposite of the initial transaction. Thus the restriction of the transactional analysis in this study to the initial transactional encounter and the use of these transactions to rate a couple's ego state relationship might reasonably be criticized as superficial and inadequate. The writer's decision to use the initial dyad transaction as an index of their ego state compatibility, however, was not based simply on practical considerations; other more defensible factors prompted such a procedural approach to this problem.

In order for a transactional event to take place it must have a beginning; there must first be a transactional stimulus either in word or gesture. That the initial transactional stimulus would have a significant influence on the other's transactional response is a well-supported finding from social psychology and a common every-day experience; that is, a smile directed from X to Y usually results in a reciprocated smile from Y, and a cross word from X to Y will more frequently than not result in a like response from Y to X. The point here is that first order transactions or initial transactions between dyad members do not have the same stimulus value for either party as later transactions in the chain. It is suggested that the initial transactional stimulus gives direction and sets the tone for, not only the initial transactional response, but for the entire transactional chain. If at the onset there is a complementary transactional exchange between dyad members, it is not unreasonable to suggest that subsequent transactions will also be complementary, the same holding true for an initial non-complementary transactional beginning. Thus, the decision to use first order transactions to survey the ego state complementariness or non-complementariness of the dyads was partially based on the assumption that such transactions crucially influence later transactions, and would, therefore, provide a valid sample of the kind of ego state transactions that take place between dyad members.

An equally important point is content. The influence of the initial transactional stimulus to the subsequent transactional response and the entire chain is undoubtedly closely related to the qualitative aspects of the initial transactional stimulus. An inconsequential or trivial transactional stimulus such as hello, good morning, etc., is not likely to have a crucial influence on transactions beyond the initial exchange, nor will such a superficial transactional stimulus result in a transactional response that will reveal very much useful information about the adequacy of a couple's ego state transactions. It was considered vital then that the initial transactional stimulus touch on important ego state events. Therefore, a systematic effort was made in the construction of the Transactional Index to select adjectives that not only tapped favourable and unfavourable ego state needs, but also reflected central ego state themes in the dyadic relationship. In order to accomplish this task, as will be recalled, the adjectives that make up the Transactional Index were computer analysed from the responses of a group of seventy-five engaged couples, i.e., the frequency of selection of each of 236 adjectives was ascertained and based upon this factor, and the adjectives ego state reliability, adjectives were selected for the Transactional Index. The psychological importance of the words finally chosen to act as transactional stimuli may be gauged from the following examples: "When he (she) is

affectionate, I tend to become _____"; "when he (she) is praising, I tend to become _____"; etc.¹² It is felt that the adjectives used to serve as transactional stimuli reflect significant ego state events and needs, and would exert not only a significant influence on the initial transactional response, but on the entire chain of transactions as well. However, while it is important for the transactional stimulus to have important psychological meaning for the respondent, it should not have such overwhelming stimulus value that the transactional response is thereby determined. The normal distribution of dyad scores on the Transactional Index indicate that the adjectives used as transactional stimuli did not have such an effect.¹³

In conclusion, it is felt that the procedure used to measure dyad ego state transactions provides an objective, and reasonably accurate method for surveying ego state transactions postulated by Berne's theory.

The second major methodological problem in converting the transactions between two people into an experimental framework that would be objective and qualifiable is related

¹² See Table II, p. 30, for a complete list of the adjectives used in the Transactional Index.

¹³ Dyad scores on the Transactional Index ranged from a high of 595 to a low of 225 (raw scores). The mean for the group being 206 and the standard deviation 43.

to the problem of selection of transactional stimuli: discussed in the preceding section. The relationship of each engaged couple is a unique one; the ego state transactions that take place between the respective parties of one couple would not be the same for a second couple, and so on for each additional couple studied.

In order to preserve each dyad's unique pattern of ego state interaction using adjectives to reflect ego states, each dyad could be administered the Adjective Check List and the adjectives checked by one dyad member would provide a description of their Parent, Adult and Child behavioural tendencies, and would be made the transactional stimuli for the other, and vice versa; that is, the adjectives checked by one dyad member would be used as the transactional stimulus for their mate. In addition, the transactional response to be made by respective dyad members to their mate's transactional stimulus would not be restricted to the adjectives contained in the Response Word List, as was the case in this study. But in order to allow maximum flexibility each dyad member would be given free rein in responding to their mate's transactional stimuli. This procedure would assure the preservation of the uniqueness of the ego state transactions of the engaged couples, and would in this sense be ideal and a definite advantage. However, the very fact that each dyad member's protocol would be unique would mean that each would have a

different percentage of ego state transactional stimuli to respond to as well as a different percentage of favourable and unfavourable transactional stimuli.

Examination of the protocols of the seventy-five couples used in the pre-test study to select the ego state adjectives revealed considerable variability both in the total number of adjectives checked and in the frequency with which any one adjective was checked.¹⁴ Had each dyad member been administered the adjectives checked by their mate as transactional stimuli, some dyad members would have had as few as fifteen transactional stimuli and others as many as 130. Similarly, some individuals checked predominantly favourable adjectives while others checked predominantly negative adjectives, and finally the variability in particular ego state adjectives checked was considerable. The resulting form of the Transactional Index for each dyad member then would have varied in percentage of transactional stimuli, percentage of favourable and unfavourable ego state adjectives, and in percentage of Parent, Adult, and Child ego state adjectives. In short, no uniformity would appear within or between any dyad's Transactional Index. Consequently, the scores obtained by one dyad could not be compared to the scores obtained by a second.

¹⁴ See Table II, p. 38, for a breakdown of the selected ego state adjectives checked by the seventy-five engaged couples in the pre-test group.

A further problem would be encountered in an effort to score the transactional responses. By using any adjective they wished as their transactional response to their mate's transactional stimulus, rather than selecting from the Response Word List, each transactional response in terms of ego state identification, favourableness or unfavourableness, and complementariness or non-complementariness, would have to be either subjectively determined or submitted to a panel of judges to arrive at some semblance of objectivity.

In summary, this procedure would, as mentioned, preserve the uniqueness of the dyad's ego state transactions, but at the sacrifice of objectivity, and would preclude the possibility of statistical analysis. The disadvantages would appear to far outweigh the advantages. It was, therefore, thought preferable to make some sacrifice in uniqueness to achieve objectivity and quantification of the transactional data.

This does not imply, however, that the standardized measurement used in this study is a sterile instrument lacking in psychological meaning or relativeness for the engaged couples. It will be recalled from the construction of the Transactional Index that the adjectives selected were chosen primarily on the basis of frequency of selection by seventy-five engaged couples, and while much selection variability occurred an item analysis of the adjectives chosen revealed

that certain adjectives were consistently selected by the engaged couples.¹⁵ This suggests that while each dyad's ego state transactions are unique, there are also some aspects of the relationship that are common to other dyadic relationships. Thus, in the selection of adjectives for the Transactional Index, the writer was careful to choose these relatively common ego state adjectives. This is presented as further evidence that the Transactional Index affords a rough approximation of significant ego state transactions that take place between dyad members and that it has psychological meaning and relevancy for each engaged couple without sacrificing objectivity or reliability. This concludes a presentation of the two major methodological problems encountered in converting Berne's relationship theory of ego state transactions into an experimental design, and the way in which these issues were resolved for this study.

Other pertinent critical remarks may be directed at the sample of engaged couples in this study. The engaged couples used were not representative of the population of engaged couples in Canada, and therefore the results obtained may be a function of the sample used. However, it was not the purpose of this study to report the incidence of Berne's ego state transactions in engaged couples, but rather to test the

¹⁵ See Table II, p. 30.

implications of Berne's theory of relationships concerning the theoretically ideal relationship. Good friends or staunch enemies would have served this purpose equally well, with the exception of the specific meaning the Child subtest scores have for intimate relationships. However, it was felt that it would be preferable to work in the positive direction, thus antagonistic dyads were not used. An ideal relationship moreover is difficult to define operationally for friends, but it seemed that by using engaged couples the term "ideal relationship" could be operationally defined and would have at least face validity. No attempt then will be made to generalize the findings to other engaged couples since, as has been stated, it is the purpose of this study not to uncover the functional meaning of ego state transactions for engaged couples but rather to experimentally test Berne's theoretical model of an ideal relationship.

In addition, the use of engaged couples as test subjects provided an operational definition of an ideal relationship but might have resulted in a piling up of scores on the high end of the Pre-Marital Adjustment Scales and the Transactional Index. However, the distribution of dyad scores on both the Pre-Marital Adjustment Scales and the Transactional Index are not negatively skewed, but appear to

be normally distributed.¹⁶ Thus, it does not appear that any of the correlation coefficients between the Transactional Index and the Pre-Marital Adjustment Scales have been lowered as a result of poor discriminatory power of the measurements used. The final question may now be asked: What do the results of this experiment have to say about Berne's transactional model? Do they support it or do they fail to support it?

9. Final Evaluation.

In summing up, Berne's transactional model (i.e., as reflected in the scores of engaged couples on the Transactional Index) approached significance in predicting the degree of "idealness" of the relationship of engaged couples on Pre-Marital Adjustment Scale A, and for the male subjects the prediction on Scale A was significant at the .05 level of confidence. It predicted, significant at the .05 level,

¹⁶ See Table IV, p. 53.

that the number of disjunctive transactions within dyads would correlate negatively with Pre-Marital Adjustment Scale A. Correlation between Berne's transactional model and Scale C, and Scales A and C combined, while consistently positive, did not attain significance. On the other hand, Berne's hypothesis that the role of the Child ego state is primary in an intimate relationship found support using Scale C, but did not hold on Scale A or Scales A and C combined.

In a final evaluation of Berne's transactional ego state model of relationship from the results of this experiment, the finding that all correlations were in the predicted directions and in several instances reached the .05 level of significance allows one to say that the data provides general but modest support for Berne's relationship theories.

In fairness to Berne's theory, however, it should be emphasized that the methodological problems discussed in an earlier section in the translation of Berne's ego state transactions into a brief objective, quantifiable test resulted in only a rough sampling of the dyad transactions. It is perhaps even more surprising and, in that vein, significant when considering these difficulties that a consistent positive relationship between Berne's transactional model and the criterion variables emerged from the data. Thus, in this writer's estimation, Berne's theories offer considerable promise for researchers interested in dyadic relationships,

and moreover deserve the serious attention of such investigators. Attention will now be focused on the suggested direction such research should take in the light of the results obtained in this study.

10. Research Implications.

The course of future research should ideally take two paths, a theoretical and an applied. Theoretical study should be done using different kinds of dyadic relationships: a two-party friendship, a two-party antagonistic relationship, a two-party employer-employee relationship, and a marriage relationship to name only a few of the dyadic interactions that would provide additional data bearing on Berne's model. In addition, while these studies would be primarily of theoretical importance for Berne's system, they would also hold considerable practical importance as well. Obviously, a theoretical position that would help to further identify the factors underlying a harmonious and satisfying dyadic relationship could be of immense social value at the personal level--friendships, marriage, etc.--and for the more structured social community of business and government.

The first concrete step suggested by the present experiment would be a follow-up study of the sample of engaged couples used in this work. Can Berne's transactional model discriminate between those couples who will go on to marry

and the broken engagements, and for those that marry, will it discriminate between broken marriages and viable ones? Such longitudinal work would allow the researcher to substitute reality events for a far from ideal test criterion to validate Berne's model.

Studies using therapist and client to survey the therapeutic implications of respective therapist-client ego state transactions would be of theoretical as well as practical interest. Finally, the research possibilities of applying Berne's transactional model to the nuclear family deserve attention. At the family level both two-party ego state transactions--father and son, mother and son, mother and daughter, etc.--triadic and larger interactional units could be studied. It would seem prudent, however, to master first the methodological problems involved in dyadic relationships before tackling more complex interactional units.

These are but a few of the studies suggested by Berne's transactional theory using the method of research adopted in this study, and while Berne's theories hold enormous theoretical and applied research possibilities, the promise of the method of research used in this experiment is an entirely different matter and a few words will now be directed at this question.

Gough's Adjective Check List¹⁷ provided, in the present study, and in Hall's¹⁸ research, a reliable pool of ego state adjectives. Presenting these adjectives in neutral phrases (the construction of the transactional stimuli) did not appear to adversely affect their reliability. However, the question of how valid they are as an index of an individual's ego state functions is largely an unanswered question. Criterion validity was demonstrated for the adjectives in Hall's study, and modest criterion validity appeared for them in the present work. However, it is necessary that the adjectives be validated at the reality level, in the form of behavioural acts and events, before their acceptance as a truly useful research tool.

Summing up the writer's impression of Berne's transactional model and the methodological approach used to test this model: the research possibilities both theoretical and applied offered by Berne's theories are exciting and profound for the psychology of human relations; it warrants, even demands, intensive research efforts. The use of the Transactional Index based on the Adjective Check List offers one

¹⁷ Harrison G. Gough, The Adjective Check List Manual, Palo Alto, California, Consulting Psychologists Press, 1965, x-32 p.

¹⁸ Albert John Hall, "Transactional Analysis and the Prediction of Interpersonal Behavior", unpublished doctoral thesis, University of Portland, Oregon, 1963.

promising, but largely untested, methodological approach to the study of Berne's system. The next research step should attempt to refine and validate this instrument, therefore, similar to the research work involving other theories of dyadic relations, the focus of attention must for the present time be on these methodological issues.

This chapter has presented the results of this study and a discussion of these results with respect to the experimental hypothesis. It has also presented a discussion of the major methodological problems encountered and critical comments of the procedures used to resolve these problems. Implications for further research were discussed and general impressions relating to the theory and methodology used to test this theory were given. In the next section, the findings are summarized and conclusions are stated.

SUMMARY AND CONCLUSIONS

In the analysis of the correlations between Berne's theoretical transactional model of an ideal dyadic relationship and the relationship of engaged couples as measured by two criterion variables, the consistent low order of positive correlation and several significant correlations appear to lend general but modest support to Berne's relationship theory.

Using Berne's transactional ego state model which describes and predicts the "idealness" of two-person relationships on the basis of their respective ego state transactions, it was possible to forecast, close to significance, the standing of the engaged couples on one of the criterion variables, Scale A. The transactional model of relationships failed to predict the idealness of the engaged couples' relationship on the second criterion variable, Scale C, and when Scales A and C were combined to form a single criterion index. The same trend holds when Berne's model is used to predict the negative aspects of the couples' relationship: the number of non-complementary transactions are significantly related to the couples' relationship on Scale A, but not on Scale C or Scale A and C combined. The relationship between high dyad disjunctive scores and low Pre-Marital Scale A scores is somewhat suspect though, since complementary scores and non-complementary scores are not entirely independent measurements.

Finally, Berne's predictions that the Child ego state plays a crucial role in an intimate relationship was supported when Scale C was used to measure the engaged couples' relationship but not when Scale A or Scales A and C combined were used as the criterion variable.

More specifically, from the primary hypothesis Berne's transactional model predicts a relationship between the number of complementary transactions between the respective Parent, Adult, and Child ego states of the dyad and their scores on two Pre-Marital Adjustment Scales. This prediction approached significance and considering the dropout factor would have allowed the rejection of the null hypothesis of no relationship on Pre-Marital Adjustment Scale A which was the criterion variable that provided a global measurement of the engaged couples' relationship. But the primary hypothesis failed to hold on a second criterion variable, Pre-Marital Adjustment Scale C, that considered the subjective and affective dimension of the couples' relationship. Sub-hypothesis A from Berne's model predicted that non-complementary transactions would be related to low dyad scores on the Pre-Marital Adjustment Scales. This prediction held for the global criterion variable but was not supported on the more specific criterion measurement. Since the number of transactional disjunctives between dyad members is not completely independent of their complementary scores, less importance could be assigned to this relationship.

A second hypothesis predicting the overriding importance of complementary Child transactions in selecting a marriage partner was upheld on the criterion variable measuring the subjective and affective dimension of the relationship, but did not hold on the global measures of the engaged couples' relationship. This suggests that when the emotional aspects of an engaged couple's relationship are considered the Child ego state needs play a leading role, in terms of the couple's phenomenological view of their relationship, but when a more objective and comprehensive view of the dyadic relationship is considered, the Child's ego state needs are not of primary importance.

A third hypothesis predicting a negative correlation between the number of intradyadic crossed transactions and the scores of engaged couples on the Pre-Marital Adjustment Scales could not be adequately evaluated because of the low number of within-dyad crossed transactions found using the Transactional Index.

The results of this study suggest that Berne's transactional model provides a valuable theoretical approach to research on dyadic relations. It would appear that the first step to be taken by researchers should be an effort to resolve methodological problems, specifically the use of Cough's adjectives as a valid research tool for surveying dyadic Parent, Adult, and Child ego state transactions. In addition,

this validation should be based on actual behavioural events since the validity of tests in this area are far from perfect. Confirmation of the value of Gough's adjectives would open the door to a host of theoretical and applied studies. Of particular importance would be longitudinal studies of engaged couples to evaluate the ability of Berne's transactional model to discriminate between broken engagements and ones that culminate in marriage, and of those that marry, the transactional model's ability to discriminate between broken and successful marriages. Moreover, the methodological approach used in this study to test Berne's transactional models would also be applicable to a wide variety of two-person relationships at the personal level, and in the more structured social setting of business and government. The potential contribution of Berne's theory to the psychology of human relationships is exciting to consider, and more importantly, deserves the research efforts of social scientists.

BIBLIOGRAPHY

Berne, Eric, Transactional Analysis in Psychotherapy, New York, Grove Press, 1961, 270 p.

The author presents his system of Transactional Analysis, its clinical application, case histories, and the results obtained in his private practice with this method of group psychotherapy. The Transactional model of ego state was also presented in this book. The primary source for research workers interested in Berne's system.

-----, "Ego States in Psychotherapy", in American Journal of Psychotherapy, Vol. 11, 1957, p. 297-302.

The author's first presentation of his system. General findings for the efficiency of his system as a group psychotherapy treatment technique are reported. Provided group psychotherapy results not found in later book.

Bowerman, Charles E., "Adjustments in Marriage: Overall and in Specific Areas", in Sociology and Social Research, Vol. 41, 1957, p. 257-263.

The author presents an inventory that evaluates a dyadic relationship at the phenomenological level. The source for the "specific" criterion variable used in the present study.

Burgess, Ernest W., and Paul Wallin, Courtship, Engagement and Marriage, Philadelphia, J.B. Lippincott, 1954, 444 p.

Written for the layman it contains useful information about important aspects of courtship, engagement and marriage. Also presented are several scales for evaluating ones of engagement or marriage. The global criterion variable used in the present study was found in this work. An important source; highly recommended.

Gough, Harrison G., The Adjective Check List Manual, Palo Alto, California, Consulting Psychologists Press, 1965, 32 p.

The manual for the Adjective Check List, contains rationale and development of the Adjective Check List and the various scales derived from it over the years. Research studies pertinent to the Adjective Check List are listed in an extensive bibliography. The adjectives used to test Berne's theory in the present study were drawn from the personality test presented in the manual.

Hall, Albert John, "Transactional Analysis and the Prediction of Interpersonal Behaviour", unpublished doctoral thesis, University of Portland, Oregon, 1963, 75 p.

The lone systematic study of Berne's theory. The author uses adjectives drawn from Cough's Adjective Check List to represent ego state functions. The interpersonal behaviour of two divergent groups of males is predicted to a significant degree, and provided experimental support for Berne's ego state theories. This was an important reference. It provided the basic research method used in the present study to test Berne's transactional model.

Laing, R.D., M. Phillipson, and A.R. Lee, Interpersonal Perception, London, Tavistock Publications, 1966, 179 p.

A new and interesting approach to the study of dyadic relationships. Using paper-and-pencil tests that may be objectively scored, the authors present a technique for examining the interaction and interexperience of two persons. Highly recommended.

Loveland, N.T., L.C. Wynne, and M.T. Singer, "The Family Rorschach: A New Method for Studying Family Interaction", in Family Processes, Vol. 2, 1963, p. 187-215.

The authors use the Rorschach test as a research tool to study the dynamic interaction of married couples. By testing the husband and wife separately and then together an insight into interactional effects is provided. An interesting approach but still at the development stage. Recommended for those interested in the methodology of dyadic research.

Newcomb, Theodore M., "Stabilities Underlying Changes in Interpersonal Attraction", in Journal of Abnormal and Social Psychology, Vol. 66, 1963, p. 376-386.

The author investigates a specific hypothesis--reciprocal attraction--as the basis for intradyadic attraction. Emphasis is more toward dyad attraction within a group and was therefore of limited use in this study.

Strauss, Anselm, "Personality Needs and Marital Choice", in Social Forces, Vol. 25, 1947, p. 332-335.

Presents a scale for measuring the relationship of engaged couples based on the degree to which their prospective mate satisfied the kinds of needs suggested in Murray's Thematic Apperception Test. A useful reference for a test to evaluate an intimate relationship.

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Tharp, Roland G., "Psychological Patterning in Marriage", in Psychological Bulletin, Vol. 60, March 1963, p. 98-115.

A comprehensive and critical review of the literature on mate-selection. Highly recommended.

Winch, Robert F., Mate-Selection: A Study of Complementary Needs, New York, Harper and Brothers, 1958, 349 p.

The author presents his Complementary Needs theory, and a research project designed to evaluate his hypothesis that men select wives and women select husbands on the basis of complementariness of emotional needs. A very important reference for researchers interested in dyadic relationships in terms of mate-selection.

APPENDIX 1

PRE-MARITAL ADJUSTMENT SCALE A

APPENDIX 1

PRE-MARITAL ADJUSTMENT SCALE A

Inventory A

Code No.

Age:

Occupation:

Sex:

Religion:

Education

QUESTIONS AND POSSIBLE ANSWERS - CIRCLE YOUR ANSWERS

1. In leisure do you prefer

- a. Stay at home all or most of the time
- b. Fifty-fifty reply or equivalent
- c. Emphasis on stay at home
- d. To be "on the go" all or most of the time

2. Do you and he (she) engage in interests and activities together?

- a. All of them
- b. Most of them
- c. Some of them
- d. Few or none

3. Do you confide in him (her)?

- a. About everything
- b. About most things
- c. About some things
- d. All other replies

4. Does he (she) confide in you?

- a. About everything
- b. About most things
- c. About some things
- d. All other replies

Inventory A (Cont'd.)

5. Frequency of demonstration of affection for him (her).

- a. Practically all the time
- b. Very frequent
- c. Occasional
- d. All other replies

6. Are you satisfied with the amount of demonstration or affection?

- a. Both satisfied
- b. One satisfied, other desires more
- c. Both desire more
- d. One desires less, other more
- e. Both desire less

7. - 17. Record your answer to the questions by circling the appropriate letter in each question.

- a. Always agree
- b. Almost always agree
- c. Occasionally disagree
- d. Frequently disagree
- e. Almost always disagree
- f. Always disagree

7. Money matters:	a b c d e f
8. Recreation:	a b c d e f
9. Religion:	a b c d e f
10. Demonstration of affection	a b c d e f
11. Friends:	a b c d e f
12. Table manners:	a b c d e f
13. Matters of conventionality:	a b c d e f
14. Philosophy of life:	a b c d e f
15. Ways of dealing with your families:	a b c d e f

Inventory A (Cont'd.)

16. Arrangements for marriage: a b c d e f
17. What to do on dates: a b c d e f
18. Do you ever wish you had not become engaged?
- a. Never
 - b. Once
 - c. Occasionally
 - d. Frequently
19. Have you ever contemplated breaking your engagement?
- a. Never
 - b. Once
 - c. Occasionally
 - d. Frequently
20. What things annoy you about your engagement?
- a. None, perfectly satisfied, etc.
 - b. One thing
 - c. Two things
 - d. Three or more
 - e. Its length only
 - f. Being separated only
 - g. Length and one other annoyance
 - h. Separation and one other annoyance
 - i. One annoyance and length and separation
 - j. Two or more annoyances and length and/or separation
21. What things does he (she) do which you do not like?
- a. None
 - b. One thing
 - c. Two things
 - d. Three or more
22. Has your relationship ever been broken temporarily?
- a. Never
 - b. Once
 - c. Twice
 - d. Three or more times

23. When disagreements arise between you and he (she), they usually result in:

- a. Neither giving in
- b. You giving in
- c. He (she) giving in
- d. Agreement by mutual give and take.

24. and 25. Record your answer to the questions by circling the appropriate letter in each question.

- a. No change desired
- b. One change desired
- c. Two changes desired
- d. Three changes desired
- e. Four changes desired
- f. Five or more desired

24. If you could, what things would you change in your partner?

- | | |
|---|-------------|
| - in physical appearance | a b c d e f |
| - in mental, temperamental or personality characteristics | a b c d e f |
| - in ideas | a b c d e f |
| - in personal habits | a b c d e f |
| - in any other way | a b c d e f |

25. If you could, what things would you change in yourself?

- | | |
|---|-------------|
| - in physical appearance | a b c d e f |
| - in mental, temperamental or personality characteristics | a b c d e f |
| - in ideas | a b c d e f |
| - in personal habits | a b c d e f |
| - in any other way | a b c d e f |

APPENDIX 2

PRE-MARITAL ADJUSTMENT SCALE C

APPENDIX 2

PRE-MARITAL ADJUSTMENT SCALE C

Inventory C

Code No.

1. Has this relationship been happier for either you or your fiancé (fiancée) than for the other?
☐ no, not at all
☐ no, not much
☐ yes, a little
☐ yes, considerably
2. Considering everything has this relationship been for you:
☐ very unhappy
☐ somewhat unhappy
☐ about average
☐ quite happy
☐ extremely happy
3. Do you believe you would be happier if you had decided to marry someone else?
☐ yes, probably
☐ yes, possibly
☐ uncertain
☐ probably not
☐ definitely not

Inventory C (Cont'd.)

4. If circumstances had been different, do you feel that this relationship could have been happier?

_____ very much so
_____ considerably
_____ somewhat
_____ only slightly
_____ not at all

5. Do you and your fiancé (fiancée) quarrel or argue?

_____ very often
_____ frequently
_____ sometimes
_____ only occasionally
_____ never

6. Has this relationship brought you many disappointments?

_____ quite a few
_____ some
_____ only a few
_____ almost none
_____ none at all

7. Considering everything, are you satisfied with your fiancé (fiancée)?

_____ perfectly satisfied
_____ very satisfied
_____ well satisfied
_____ satisfied
_____ a little bit dissatisfied
_____ very dissatisfied

8. Do you ever wish you had not become engaged?

- _____ frequently
- _____ occasionally
- _____ sometimes
- _____ very rarely
- _____ never

9. Considering everything, has this relationship given you indication that your marriage will meet your expectations?

- _____ to the fullest extent
- _____ very much so
- _____ somewhat
- _____ very little
- _____ not at all

10. Considering everything, what kind of an adjustment do you feel that you and your fiancé (fiancée) have made to each other?

- _____ poor
- _____ somewhat unsatisfactory
- _____ satisfactory
- _____ very good
- _____ extremely good

11. Do you and your fiancé (fiancée) have many disagreements?

- _____ very many
- _____ many
- _____ some
- _____ few
- _____ none

12. Has this relationship brought you personal satisfactions that you could not have achieved otherwise?

_____ very many

_____ many

_____ some

_____ few

_____ none

APPENDIX 3

TRANSACTIONAL INDEX

APPENDIX 3

TRANSACTIONAL INDEX

Code No.

Instructions

Each of us feels, acts and behaves in many different ways at various times. This in turn has an influence on the people around us. What we are interested in, in this study, is how these different behaviour patterns he (she) exhibits affect you and how you usually respond.

In the next pages are some of the feelings, acts, and behaviour you have probably encountered during your relationship with your fiance (fiancee). Please read each statement carefully and select the word (on page) that best describes your usual way of responding.

As you may notice, the response word list is made up of those words you had, in a previous session, selected as being descriptive of yourself. You may use the same response word as many times as you wish. The important thing is to be frank and use the word that best describes how you usually responded, not how you think you should have responded, or wished you had responded.

To save time, simply write in the code for each response word in the space provided.

1. When he (she) is aloof, I tend to become _____.
2. When he (she) is practical, I tend to become _____.
3. When he (she) is impatient, I tend to become _____.
4. When he (she) is affectionate, I tend to become _____.
5. When he (she) is distrustful, I tend to become _____.
6. When he (she) is generous, I tend to become _____.
7. When he (she) is hard-headed, I tend to become _____.
8. When he (she) is independent, in his (her) thinking,
I tend to become _____.
9. When he (she) is foolish, I tend to become _____.
10. When he (she) is idealistic, I tend to become _____.
11. When he (she) is fault-finding, I tend to become _____.
12. When he (she) is praising, I tend to become _____.
13. When he (-she) is indifferent, I tend to become _____.
14. When he (she) is immature, I tend to become _____.
15. When he (she) is assertive, I tend to become _____.
16. When he (she) is dull, I tend to become _____.
17. When he (she) is deliberate, I tend to become _____.
18. When he (she) is bossy, I tend to become _____.
19. When he (she) is cold, I tend to become _____.
20. When he (she) is forgiving, I tend to become _____.
21. When he (she) is clear-thinking, I tend to become _____.
22. When he (she) is dependent, I tend to become _____.
23. When he (she) is humorous, I tend to become _____.
24. When he (she) is dominant, I tend to become _____.

25. When he (she) is considerate, I tend to become _____.
26. When he (she) is aggressive, I tend to become _____.
27. When he (she) is warm, I tend to become _____.
28. When he (she) is sarcastic, I tend to become _____.
29. When he (she) is understanding, I tend to become _____.
30. When he (she) is quiet, I tend to become _____.

APPENDIX 4

EGG STATE RATINGS FROM ADJECTIVE
CHECK LIST

APPENDIX 4

P - Parent
A - Adult
C - Child

RATERS
W X Y Z
H.T. G.F.C. A.E.P. M.C.

EGO STATE RATINGS FROM ADJECTIVE CHECK LIST

A.C.L.	RATERS								% of Agreement
	W		X		Y		Z		
1. absent-minded	C	P	C	C	A	A	C	P	C 50
2. foresighted	A	A	A	A	A	A	A	A	A 100
3. clear-thinking	A	A	A	A	A	A	A	A	A 100
4. indifferent	A	A	A	A	A	A	C	C	A 75
5. discreet	A	A	A	A	A	A	A	A	A 100
6. aggressive	C	C	C	C	C	P	C	C	C 88
7. frivolous	C	C	C	C	C	C	C	C	C 100
8. complicated	C	A			A	A	P	P	C 25
9. inhibited	A	A	A	A	A	A	A	A	A 100
10. dreamy	C	C	C	C	C	C	C	C	C 100
11. appreciative	P	P	P	P	P	P	P	P	P 100
12. good-natured	P	P	P	P	P	C	P	P	P 75
13. considerate	P	P	P	P	P	P	P	P	P 100
14. intolerant	P	A	P	C	P	A	P	C	X
15. emotional	C	C	C	C	C	C	C	C	C 100
16. autocratic	P	P	P	P	P	P	P	P	P 100
17. headstrong	C	C	C	C	C	C	C	C	C 100
18. cowardly					C	A	C	C	X

EGO STATE RATINGS FROM ADJECTIVE
CHECK LIST (Cont'd.)

A.C.L.	RATERS								% of agreement
	1		2		3		4		
19. lazy			C		C	C	P	P	X
20. fair-minded	A	A	A	A	A	A	A	A	A 100
21. calm	A	A	A	A	A	P	A	A	A 88
22. humorous	C	C	C	C	C	C	C	C	C 100
23. defensive	P	P	C	C	A	A	C	P	X
24. masculine	A	A	A	A	A	P	A	A	A 88
25. foolish	C	C	C	C	C	C	C	C	C 100
26. mild	P	P	P	P	P	P	A	A	P 75
27. sophisticated	A	A	A	A	A	A	A	A	A 100
28. cheerful	C	C	C	C	C	C	C	C	C 100
29. impulsive	C	C	C	C	C	C	C	C	C 100
30. determined	A	A	A	A	C	A	P	C	X
31. affected	C	C	C	C	C	C	C	P	C 88
32. frank	A	C	C	A	A	C	C	C	C 75
33. commonplace		A	A	A					X
34. informal	C	C	C	C	C	C	C	C	C 100
35. distrustful	P	P	P	P	P	P	P	C	P 88
36. anxious	P	C	P	P	P	P	P	P	P 88
37. gloomy	P	P	P	P	P	P	P	P	P 100
38. conscientious	A	A	P	P	A	A	A	A	A 75
39. interests narrow	A	P			C	C	P	C	X

EGO STATE RATINGS FROM ADJECTIVE
CHECK LIST (Cont'd.)

A.C.L.	RATERS								% of Agreement
	W	X	Y	Z					
40. efficient	A	A	A	A	A	A	A	A	A 100
41. assertive	A	C	C	C	A	C	C	C	C 75
42. hard-hearted	A	A	A	A	A	A	P	A	A 88
43. co-operative	A	P	P	P	P	P	P	A	P 75
44. jolly	C	C	C	C	P	C	C	C	C 88
45. evasive	P	P	C	C	A	A	C	C	X
46. boastful	C	C	C	C	A	A	C	C	C 75
47. honest	A	A	A	A	P	C	A	A	A 75
48. daring	C	C	C	C	A	C	C	C	C 88
49. loyal	P	P	P	P	P	P	A	P	P 88
50. fickle	C	C	C	C	C	C	C	C	C 100
51. changeable	C	C	C	C	C	C	C	C	C 100
52. immature	C	C	C	C	C	C	C	C	C 100
53. practical	A	A	A	A	A	P	A	A	A 88
54. tough	A	A	A	A	P	A	A	A	A 88
55. dependent	C	C	C	C	C	C	C	C	C 100
56. adaptable	A	A	A	A	A	A	A	A	A 100
57. forgiving	P	P	P	P	P	P	P	P	P 100
58. coarse		C	C	C	C	A	C	C	C 88
59. industrious	A	A	C	C	A	A	C	A	A 62
60. dissatisfied	P	C	C	C	C	C	C	C	C 88

EGG STATE RATINGS FROM ADJECTIVE
CHECK LIST (Cont'd.)

A.C.I.	ALTERS								% of Agreement
	W	X	Y	Z					
61. aloof	A	P	A	A	A	A	P	A	A 75
62. generous	C	C	P	P	P	P	P	P	P 75
63. confident	A	P	A	A	A	A	A	A	A 50
64. insightful	A	A	A	A	A	A	A	A	A 100
65. easy-going	C	C	C	C	P	P	C	C	C 75
66. arrogant		P	C	C	C	A	P	C	X
67. handsome	P	P			A	A			X
68. conventional	A	A	P	P	P	P	A	A	X
69. irresponsible	C	C	C	C	C	C	C	C	C 100
70. enterprising	C	C	C	C	A	P	C	C	C 30
71. bitter		P	C	C	A	A	P	C	X
72. helpful	P	P	P	P	P	P	A	P	P 50
73. curious	C	C	C	C	C	C	C	C	C 100
74. logical	A	A	A	A	A	A	A	A	A 100
75. fearful	C	C	C	C	C	C	C	C	C 100
76. careless	C	C	C	C	C	C	C	C	C 100
77. idealistic	C	A	C	C	C	C	C	C	C 50
78. demanding	P	P	P	P	A	C	P	P	P 75
79. meek		P	C	C	C	C			X
80. sarcastic	P	P	P	P	A	A	P	P	P 75
81. moderate	A	P	A	A	P	P	A	A	A 67

EGO STATE RATINGS FROM ADJECTIVE
CHECK LIST (Cont'd.)

A.C.L.	RATERS								% of Agreement
	W		X		Y		Z		
82. precise	A	A	A	A	A	A	A	A	A 100
83. unaffected	A	A	A	A	A	A	A	C	A 88
84. self-denying	P	P	P	P	A	P	A	P	P 75
85. natural	P	C	C	C	C	C	C	C	C 88
86. steady	A	A	A	A	A	P	A	A	A 83
87. queer					C	P			X
88. unemotional	A	A	A	A	A	A	A	A	A 100
89. sentimental	P	P	P	C	P	P	P	P	P 88
90. opportunistic	A	A	C	C	A	C	P	P	X
91. submissive	C	C	C	C	C	C	C	C	C 100
92. realistic	A	A	A	A	A	A	A	A	A 100
93. unrealistic	C	C	C	C	C	C	C	C	C 100
94. shiftless			C	C	C	C	C	C	C 75
95. painstaking	A	A	A	A	A	A	A	A	A 100
96. tactful	A	P	A	A	A	A	A	A	A 88
97. reliable	A	A	P	A	A	P	A	A	A 75
98. warm	C	C	C	C	P	P	C	C	C 75
99. sincere	P	P	P	P	P	P	A	A	P 75
100. pessimistic	P	P	C	C	P	P	P	P	P 75
101. thorough	A	A	A	A	A	A	A	A	A 100
102. retiring	P	P	C	A	A	A	P	P	X
103. withdrawn		P	C	A	A	A	P	P	X

ECO STATE RATINGS FROM ADJECTIVE
CHECK LIST (CONT'D.)

A.C.L.	RATERS								% of Agreement
	W		X		Y		Z		
104. sociable	C	C	C	C	A	A	C	C	C 75
105. self-confident	C	A	A	A	A	A	A	C	A 75
106. moody	P	C	C	C	C	C	C	C	C 88
107. spunky	C	C	C	C	C	C	C	C	C 100
108. prudish	P	P	P	P	P	P	A	A	P 75
109. undependable	C	C	C	C	C	C	C	C	C 100
110. selfish	C	C	C	C	C	C	C	C	C 100
111. obnoxious	C	C	C	C	C	C	C	C	C 100
112. strong	A	A	P	P	A	A	A	A	A 75
113. rational	A	A	A	A	A	A	A	A	A 100
114. unintelligent	C	C					P	C	X
115. shallow	C	C	C	C	A	A	C	C	C 75
116. outgoing	C	C	C	C	C	C	C	C	C 100
117. suspicious	P	P	P	P	A	A	P	P	P 75
118. relective	A	A	A	A	A	A	A	A	A 100
119. vindictive	C	C	C	C	A	A	C	C	C 75
120. silent	A	A	A	A	A	A	A	A	A 100
121. persevering	A	A	A	A	A	A	A	A	A 100
122. tense	P	P	C	C	C	P	P	C	X
123. responsible	A	A	A	A	A	P	A	A	A 88
124. wholesome	C	C	C	C	C	C	C	A	C 83
125. smug	P	P	C	C	P	P	C	C	X

EGO STATE RATINGS FROM ADJECTIVE
CHECK LIST (Cont'd.)

A.C.L.	RATERS								% of Agreement
	W		X		Y		Z		
126. poised	A	A	A	A	A	A	A	A	A 100
127. tolerant	A	P	P	P	P	P	P	A	P 75
128. spineless			C	C	C	C	C	C	C 75
129. preoccupied	P	P	P	C	A	A	P	P	X
130. unassuming	A	A	C	A	A	C	A	A	A 75
131. self-punishing	P	P	C	P	P	A	C	C	X
132. noisy	C	C	C	C	C	C	C	C	C 100
133. stingy	P	P	C	C	P	P	C	C	X
134. quiet	P	A	A	A	A	A	A	A	A 88
135. unfriendly	P	P	A	A	A	A	A	A	A 75
136. severe	A	P	A	A	A	A	P	P	X
137. organized	A	A	A	A	A	A	A	A	A 100
138. sulky	C	C	C	C	C	C	C	C	C 100
139. rebellious	C	C	C	C	C	C	C	C	C 100
140. unselfish	P	P	P	P	C	P	P	A	P 75
141. shrewd	C	C	C	C	A	A	C	C	C 75
142. peaceable	A	A	A	A	P	P	A	A	A 75
143. talkative	C	C	C	C	C	C	C	C	C 100
144. reserved	P	P	A	A	A	A	A	A	A 75
145. weak		C	C	C	C	C	C	C	C 98
146. slow	P	A			C	C		C	X
147. pleasant	P	C	C	C	P	P	P	A	X

EGO STATE RATINGS FROM ADJECTIVE
CHECK LIST (Cont'd.)

A.C.L.	RATERS								% of Agreement
	W		X		Y		Z		
148. thrifty	A	P	A	A	P	P	P	C	X
149. robust	C	C	C	C	P	P	C	C	C 75
150. worrying	P	P	P	P	P	P	P	P	P 100
151. active	C	C	C	C	C	C	C	C	C 100
152. forgetful	C	C	C	C	A	A	C	C	C 75
153. clever	C	C	C	C	A	A	C	C	C 75
154. individualistic	A	A	A	A	A	A	A	C	A 88
155. disorderly	C	C	C	C	C	C	C	C	C 100
156. alert	A	A	A	A	A	A	A	A	A 100
157. fussy	C	C	P	C	P	P	C	C	X
158. conceited	P	P	C	C	A	A	P	C	X
159. initiative	C	A	C	C	A	A	A	A	X
160. dull	P	P	A	A	A	A	A	A	A 75
161. argumentative	C	C	C	C	C	C	P	C	C 86
162. greedy	C	C	C	C	C	C	C	C	C 100
163. contended	P	A	A	A	C	C	A	A	X
164. inventive	C	A	C	C	C	C	C	A	C 75
165. energetic	A	A	C	C	C	C	C	C	C 75
166. awkward	C	C	C	C	C	C	C	C	C 100
167. healthy	C	C	C	C	C	C	C	C	C 100
168. cruel	C	C	C	C	C	C	C	P	C 86
169. leisurely	P	A	C	C	C	C	P	C	X

A.C.L.	RATERS								% of Agreement
	W	X	Y	Z					
170. fault-finding	P	A	P P	P P	P C			P 75	
171. capable	A	A	A A	A A	A A			A 100	
172. hurried	C	C	C C	A A	P C			C 62	
173. deliberate	A	A	A A	A A	A A			A 100	
174. mature	A	A	A A	A A	A A			A 100	
175. civilized	A	A	A A	A A	A A			A 100	
176. independent	A	A	A A	A A	A C			A 88	
177. dignified	P	P	A A	A A	A A			A 75	
178. affectionate	C	C	C C	P P	C C			C 75	
179. friendly	C	C	C C	P P	C C			C 75	
180. complaining	P	P	C C	C C	P C			C 62	
181. ingenious	A	A	C C	C C	C C			C 75	
182. dominant	P	P	P P	P P	P P			P 100	
183. apathetic		P	A A	A A	P C			X	
184. good-looking	C	C	C	A A				X	
185. conservative	A	A	A A	A A	A A			A 100	
186. interests wide	C	C	C C	A A	C C			C 75	
187. egotistical	C	C	C C	C C	C C			C 100	
188. attractive	C	C	C C	C C	C C			C 100	
189. hasty	C	C	C C	C C	P C			C 68	
190. courageous	A	A	C C	A P	A A			X	
191. kind	P	P	P P	P P	P P			P 100	

EGO STATE RATINGS FROM ADJECTIVE
CHECK LIST (Cont'd.)

A.C.L.	RATERS								% of Agreement
	W		X		Y		Z		
192. excitable	C	C	C	C	C	C	P	C	C 88
193. bossy	P	P	P	P	P	P	P	P	P 100
194. hostile	C	C	C	C	C	A	C	C	C 88
195. deceitful	C	C	C	C	C	C	C	C	C 100
196. mannerly	A	P	A	A	C	C	A	A	X
197. flirtatious	C	C	C	C	C	C	C	C	C 100
198. charming	C	C	C	C	A	A	C	C	C 75
199. despondent		P	C	C	A	P	P	P	X
200. adventurous	C	C	C	C	C	C	C	C	C 100
201. formal	A	P	A	A	A	A	A	A	A 88
202. cold	A	A	A	A	A	A	A	A	A 100
203. infantile	C	C	C	C	C	C	C	C	C 100
204. distractible	C	C	C	C	C	C	C	C	C 100
205. ambitious	A	A	P	P	A	A	P	A	X
206. gentle	P	P	P	P	P	P	P	P	P 100
207. confused	C	C	C	C	C	C	P	C	C 88
208. intelligent	A	A	A	A	A	A	A	A	A 100
209. effeminate			C		P	A	C		X
210. artistic	C	C	C	C	C	C	C	P	C 88
211. hard-headed	A	A	A	A	A	A	P	C	A 75
212. cool	A	A	A	A	A	A	A	A	A 100
213. irritable	P	P	C	C	C	C	P	C	C 62

EGO STATE RATINGS FROM ADJECTIVE
CHECK LIST (Cont'd.)

[illegible]

A.C.L.	RATES								% of Agreement
	W		X		Y		Z		
236. reasonable	A	A	A	A	A	A	A	A	A 100
237. unscrupulous		C	C	C	A	C	P	C	C 62
238. show-off	C	C	C	C	C	C	C	C	C 100
239. patient	P	P	P	P	P	P	A	A	P 75
240. tactless	C	C	C	C	C	C	C	C	C 100
241. resentful			C	C	A	A	P	C	X
242. wary	P	P	P	P	A	P	P	C	C 75
243. slipshod	C	C	C	C	C	C	C	C	C 100
244. planful	A	A	A	A	A	A	A	A	A 100
245. thoughtful	P	P	P	P	P	P	P	P	P 100
246. impatient	C	C	C	C	C	C	C	C	C 100
247. praising	P	P	P	P	P	P	P	P	P 100
248. trusting	C	C	C	C	P	P	C	C	C 75
249. self-controlled	A	A	A	A	A	P	A	A	A 88
250. nagging	P	P	P	P	P	P	P	P	P 100
251. stable	A	P	A	A	A	P	A	A	A 75
252. quarrelsome	C	P	C	C	C	C	P	C	C 75
253. understanding	P	P	P	P	P	P	A	P	P 88
254. sensitive	P	C	C	C	P	P	P	C	X
255. opinionated	P	P	P	P	P	P	C	C	P 75
256. stubborn	P	C	C	C	C	C	C	C	C 88
257. rattlebrained	C	C	C	C	C	C	P	C	C 88

EGO STATE RATINGS FROM ADJECTIVE
CHECK LIST (Cont'd.)

A.C.L.	RATERS								% of Agreement
	W		X		Y		Z		
258. unkind			C	C	A	C	C	C	C 75
259. sharp-witted	A	A	C	C	A	A	A	P	X
260. outspoken	C	P	C	C	A	A	C	C	X
261. sympathetic	P	P	P	P	P	P	P	P	P 100
262. relaxed	P	A	A	C	P	A	A	A	X
263. versatile	A	C	A	A	P	A	A	A	A 75
264. simple	C	C	C	C	C	C	C	C	C 100
265. persistent	A	A	A	A	A	A	C	C	A 75
266. thankless	C	P			A	A	C	C	X
267. restless	C	C	C	C	C	C	C	C	C 100
268. wise	P	P	P	P	P	P	A	A	P 75
269. methodical	A	A	A	A	A	A	A	A	A 100
270. self-centered	C	C	C	C	C	C	C	C	C 100
271. modest	A	P	A	A	A	P	A	A	A 75
272. spontaneous	C	C	C	C	C	C	C	C	C 100
273. progressive	A	C	C	A	A	C	A	C	X
274. unconventional	C	C	C	C	C	C	C	C	C 100
275. self-seeking	C	C	C	C	A	A	C	C	C 75
276. obliging	P	P	P	P	P	P	C	C	P 75
277. stolid	A	P	P	P	P	P	A	A	X
278. quitting	C	C	C	C	C	C	C	C	C 100
279. uninhibited	C	C	C	C	C	C	C	C	C 100

EGO STATE RATINGS FROM ADJECTIVE
CHECK LIST (Cont'd.)

A.C.L.	RATERS								Σ of Assessment
	W	W	W	W	W	W	W	W	
280. sexy	C	C	C	C	A	A	C	C	C 75
281. original	C	C	C	C	C	C	A	A	C 75
282. superstitious	C	P	C	C	P	C	C	C	C 75
283. reckless	C	C	C	C	C	C	C	C	C 100
284. unstable	C	C	C	C	C	C	C	C	C 100
285. shy	C	C	C	C	C	C	C	C	C 100
286. peculiar					C	P		C	X
287. temperamental	C	C	C	C	C	C	C	C	C 100
288. resourceful	A	A	A	A	A	C	A	A	A 88
289. whiny	C	C	C	C	C	C	C	C	C 100
290. sly	C	P	C	C	C	C	C	C	C 88
291. pleasure-seeking	C	C	C	C	C	C	C	C	C 100
292. rigid	P	P	P	P	P	P	P	C	P 88
293. witty	C	C	C	C	C	C	P	C	C 88
294. soft-hearted	P	P	P	P	P	P	P	P	P 100
295. snobbish	P	P	P	P	A	A	P	P	P 75
296. polished	A	P	A	A	A	A	A	A	A 88
297. touchy	P	C	C	C	C	C	C	C	C 88
298. timid	C	C	C	C	C	C	C	C	C 100
299. rude	C	C	C	C	C	C	C	C	C 100
300. zany	C	C	C	C	A	A	C	C	C 75

APPENDIX 5

RESPONSE WORD LIST

RESPONSE WORD LIST

51CX	active	40AX	efficient	174AX	mature	275CZ	self-seeking
56AX	adaptable	187CZ	egotistical	269AY	methodical	110CZ	selfish
200CX	adventurous	15CY	emotional	26PY	mild	89PZ	sentimental
31CZ	affected	165CX	energetic	224CZ	mischievous	233AY	serious
178CX	affectionate	70CX	enterprising	271AX	modest	280CX	sexy
6CZ	aggressive	214CX	enthusiastic	106CZ	moody	115CZ	shallow
156AX	alert	192CZ	excitable	250PZ	nagging	94CZ	shiftless
61AZ	aloof	20AX	fair-minded	85CX	natural	238CZ	show-off
36PZ	anxious	170PZ	fault finding	132CZ	noisy	141CX	shrewd
11PX	appreciative	75CZ	fearful	276PX	obliging	285CZ	shy
161CZ	argumentative	50CZ	fickle	111CZ	obnoxious	120AY	silent
210CX	artistic	197CZ	flirtatious	255PZ	opinionated	264CZ	simple
41CX	assertive	2AX	foresighted	234CX	optimistic	99PX	sincere
188CX	attractive	152CZ	forgetful	137AX	organized	243CZ	slipshod
16PZ	autocratic	57PX	forgiving	281CX	original	290CZ	slip
166CZ	awkward	201AZ	formal	116CX	outgoing	295PZ	snobbish
215CZ	blustery	32Y	frank	95AX	painstaking	104CX	sociable
46CZ	boastful	179CX	friendly	239PX	patient	294PX	softhearted
193PZ	bossy	7CZ	frivolous	142AX	peaceable	27AX	sophisticated
21AX	calm	62PX	generous	121AX	persevering	225CZ	spendthrift
171AX	capable	206PX	gentle	265AX	persistent	128CZ	spineless
76CZ	careless	37PZ	gloomy	100CZ	pessimistic	272CX	spontaneous
51CZ	changeable	12PX	good-natured	244AX	planful	107CX	spunky
198CX	charming	162CZ	greedy	291CZ	pleasure-seeking	251AX	stable
28CX	cheerful	211AZ	hard-headed	12AX	poised	86AX	steady
175AX	civilized	42AZ	hard-hearted	296AX	polished	230PZ	stern
3AX	clear-thinking	189CZ	hasty	53PX	practical	112AX	strong
153CX	clever	176CZ	headstrong	247PX	praising	256CZ	stubborn
58CZ	coarse	167CX	healthy	82PX	precise	91CZ	submissive
202AZ	cold	72PX	helpful	226PZ	prejudiced		
63AX	confident	216CZ	high-strong	108PZ	prudish	235CZ	suggestible
207CZ	confused	47AX	honest	252CZ	quarrelsome	138CZ	sulky
38AX	conscientious	194CZ	hostile	231CX	quick	282CZ	superstitious
185AY	conservative	22CX	humorous	134AX	quiet	117PZ	suspicious
13PX	considerate	77CX	idealistic	278CZ	quitting	261PX	sympathetic
212AX	cool	221CX	imaginative	113AX	rational	96AX	tactful
43PX	cooperative	52CZ	immature	257CZ	rattlebrained	240CZ	tactless
168CZ	cruel	246CZ	impatient	92AX	realistic	143CY	talkative
73CX	curious	29CZ	impulsive	236AX	reasonable	287CZ	temperamental
217PZ	cynical	176AX	independent	139CZ	rebellious	101AX	thorough
48CX	daring	4AZ	indifferent	283CZ	reckless	245PX	thoughtful
195CZ	deceitful	154AX	individualistic	118AX	reflective	298CZ	timid
173AX	deliberate	203CZ	infantile	97AX	reliable	127PX	tolerant
78PZ	demanding	34CY	informal	144AX	reserved	297CZ	touchy
222PX	dependable	181CX	ingenious			54AX	tough
55CZ	dependent	9AZ	inhibited	288AX	resourceful	248CX	trusting
177AX	dignified	64AX	insightful	123AX	responsible	83AX	unaffected
5AX	discreet	208AX	intelligent	267CZ	restless	130AX	unassuming
155CZ	disorderly	186CX	interests wide	292PZ	rigid	274CZ	unconventional
60CZ	dissatisfied	164CX	inventive	149CX	robust	109CZ	undependable
204CZ	distractible	69CZ	irresponsible	287CZ	rude	253PX	understanding
35PZ	distrustful	44CX	jolly	80PZ	sarcastic	88AX	unemotional
182PZ	dominant	191PX	kind	270CZ	self-centered	232AX	unexcitable
10CY	dreamy	174AX	logical	105CX	self-confident		
160AZ	dull	218CZ	loud	249AX	self-controlled		
65AX	easy going	49PX	loyal	84PX	self-denying		

Repsonse Word List

page 2.....

135AZ	unfriendly	279CZ	uninhabited
258CZ	unkind	93CZ	unrealistic
140PX	unselfish	284CZ	unstable
119CZ	vindictive	263AX	versatile
98CX	warm	242PY	wary
145CZ	weak	289CZ	whiny
124CX	wholesome	268PX	wise
293CX	witty	150PZ	worrying
300CZ	zany		

APPENDIX 6

ABSTRACT OF

Analysis of Berne's Transactional Model of a Non-Existent
Theoretically Perfect (Ideal) Relationship
Using Engaged Couples

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ABSTRACT OF

Analysis of Berne's Transactional Model of a Non-Existent Theoretically Perfect (Ideal) Relationship Using Engaged Couples¹

Dyadic relationships represent the most universal type of interaction between persons. However, the variables contributing to and underlying harmonious and satisfying two-person relationships have received comparatively little attention from psychologists.

Eric Berne presents an integrated theory of human relationships that focuses on the ego state transactions that take place within dyads. He maintains that the theoretically non-existent ideal dyadic relationship occurs when the respective ego states--the Parent ego state, Adult ego state, and Child ego state--of the dyad members have complementary transactions with each aspect of the other party. He further hypothesizes that the choice of a marriage partner is inevitably governed by the needs of the Child ego state.

Berne's transactional model of a theoretically ideal dyadic relationship was tested experimentally by using twenty-seven engaged couples to operationally define an ideal

¹ Donald F. Cowan, doctoral thesis presented to the Faculty of Psychology and Education of the University of Ottawa, Ontario, March 1967, viii-127 p.

relationship, and two Pre-Marital Adjustment Scales to operationally define the "idealness" of their relationship. Intradynamic ego state transactions were sampled by a specially developed instrument using adjectives from Gough's Adjective Check List. This test--the Transactional Index--served as the experimental variable.

The results consistently showed correlations in the predicted direction, and in several instances these correlations were significant at the .05 level of confidence.

The primary hypothesis which predicted that dyads with high complementary transactional scores would also have high scores on the criterion tests, was partially supported when a correlation approaching the .05 level of significance was found on the global criterion variable. No relationship occurred on the more specific criterion variable that measured the subjective-affective dimension of the engaged couples' relationship. Sub-hypothesis A predicted a negative correlation between dyad disjunctive transactions and their scores on the criterion tests which was supported at the .05 level of significance on the global criterion measurement but failed to hold on the specific criterion test. The second hypothesis predicted that dyads with high complementary Child ego state scores would have high Pre-Marital Adjustment Scale scores. This prediction held up on the specific criterion test but failed to hold on the global criterion measure.

Global Transactional Index dyad scores tended to correlate with dyad scores on the global Pre-Marital Adjustment Scale, and the Child dyad scores which stressed emotional dyad transactions tended to correlate with the specific Pre-Marital Adjustment Scale that measured predominantly the subjective-affective dimension of the engaged couples' relationship.

This study provided general but modest support for Berne's theories concerning dyadic relationships. However, these low correlations may well be reflecting weaknesses in the method of research used to test Berne's theory, rather than weaknesses in the theory itself. Further refinement and validation of the method of research and implications for other studies are suggested.

ERRATA

Page 12 Quote in first paragraph is taken from Robert F. Winch,

Mate-Selection: A Study Of Complementary Needs, New

York, Harper and Brothers, 1958, page 93

Page 40 Line 19 262 should be 236

Page 34 Line 4

Page 41 Line 7

Page 56 Line 13

Page 63 Line 8

} complementarianness should be complementariness

Page 73 Line 3 stilulus should be stimulus

Page 87 Line 6 study should be studies