

IMPACT OF IMPORTANT FIVE CHARACTERISTICS OF YOUNG ADULTS' PARENTAL, ADULT, AND CHILDISH EGO STATES

A.V. Shreya¹ and Prerna Goyal²

¹M.A. Psychology, Batch 2023-25, Department of Psychology, Jagannath University,

²Assistant Professor, Department of Psychology, Jagannath University

Corresponding Author Email: avshreya2002@gmail.com

Abstract: Communication is at the core of all human relationships and social interactions. Ego states, as defined in Transactional Analysis, are related to The Big Five personality traits in a manner that allows them to portray various facets of an individual's total personality. (Berne, 1961) This research sets out to examine how the "big five" personality characteristics affect the sense of self-worth in young adults. Two hundred Indian youths, ranging in age from twenty-five to thirty-five (52.7% female, 47.3% male), were part of the research. They were given two instruments: the Transactional Analysis Questionnaire, which was based on the work of Berne (1961), and the Neo Five Factor Inventory, which was created by Costa and McCrae (1992). Several linear regression analyses were performed on the data. According to the results, the agreeableness and openness to experience personality qualities are significantly predicted by the parent's ego state ($R^2 = 0.24, -0.37$ and -0.30 , respectively). Adult ego state was also found to be not a significant predictor of the big five personality traits in the regression study. Also, with a beta coefficient of 0.045 and an R^2 of 0.26, the researchers found that a child's ego state significantly predicts the neuroticism personality trait.

Keywords: Personality, Ego States, Young Adults, Transactional Analysis, NEO Five Factor Inventory

1. INTRODUCTION

The study of personality was a crucial area of interest throughout most of history. The discrepancies of personality among individuals are so enormous that even after years of research, there is a lot more yet to be known. This study explores the intersection of ego states theory and the big five personality traits, aiming to understand how individual personality dimensions influence the expression and dynamics of ego states in interpersonal and intrapersonal contexts. The ego states shape personality dynamics by influencing behavior and interpersonal interactions. In contrast, to better understand personality traits in connection to five distinct dimensions, the Big Five model provides a useful framework. By dissecting the interplay between ego states and the Big Five traits, researchers can understand more about the fundamental processes that underlie individual variances in behavior and thought

processes. However, the BIG 5 model and Transactional Analysis theory both provide insightful analyses of human psychology, little study has looked at the significant relationship and the gender differences between both the variables.

This research delves deeply into the interplay between the ego states of parents, children, and themselves, as well as their relationships with the big five personality traits—extroversion, agreeableness, openness to experience, neuroticism, and conscientiousness—among young adults in India. The purpose of this analysis is to determine how likely it is that a meaningful link exists between the two variables. However, Researchers have considered exploring the potential relationship between ego states and the Big Five personality traits. Given this gap in

existing knowledge, the primary aim of this study is to determine the nature of the connection between these two variables.

2. REVIEW of Literature

Although, Dwivedi and Sable (2024) conducted a pilot study on the Adult Ego State and HEXACO personality traits Among Young adults residing in Central Gujarat who concluded that the variance in adult ego state was explained by a number of predictor traits. These personality facets were Perfectionism, Social Self-Esteem, Forgiveness, Liveliness, Social Boldness, and Patience. According to the study, the model's capacity to accommodate changes in the dependent variable was improved by including more predictor variables. Similarly, Sreenivasan and Suriyaprakash (2019) A study examined the correlation between neuroticism and ego states among Indian men and women. Findings indicated that the Critical Parent (CP) and Adapted Child (AC) ego states were positively associated with neuroticism, while neuroticism demonstrated negative relationships with the Nurturing Parent, Adult, and Free Child ego states. Additionally, Ciucur (2013) performed a preliminary investigation into the relationship between transactional analysis and the OCEAN model. The results emphasized positive correlations between Adapted Child and Consciousness, and Natural Child and Extraversion. Also, negative correlations between Critical Parent and Agreeability, Adapted Child and Emotional Stability, Natural Child and Agreeability, were found.

Certain occupations may lead to a reliance on specific ego states (Joshi, et al., 2024). The big five traits (Openness, Conscientiousness, Extraversion, Agreeableness, and Neuroticism) can influence career choices and job performance,

with certain traits being more advantageous for specific occupations (Arora & Rangnekar, 2016). Studies showed that these personality traits explain a significant portion of the variance in life satisfaction scores, with a few studies indicating that they account for around 22% of the variance in life satisfaction among men and 17% among women. (Khalek et al., 2022).

3. RESEARCH DESIGNS AND METHODOLOGY

The researchers in this study set out to answer the question, "How do personality traits affect ego states in children, adults, and parents?" among young adults in India. The participants in this study were 200 young people (male and female) ranging in age from 20 to 35. Quite unlikely the data collection process made use of a purposeful sampling strategy. Participants established rapport with the researchers and were assured of anonymity concerning their identities and the information they provided. Additionally, their consent was explicitly sought before proceeding with any evaluation. The sample consisted of 200 volunteers, including both men and women aged between 25 and 35 years. Data was collected using Google Forms, and written consent was obtained from all participants before gathering information. Participation in the study was entirely voluntary, with no coercion involved. Confidentiality was emphasized and maintained throughout the study. The participants were briefed about the objectives of the research and subsequently asked to complete a socio-demographic questionnaire. This was followed by the administration of the Transactional Analysis Questionnaire, a standard 61-item instrument based on Eric Berne's framework. Participants also completed the Neo Five Factor Inventory, a 60-item measure developed by Paul T. Costa

and Robert McCrae in 1992. After completing the questionnaires, participants were thanked for their contribution. The researchers adopted a quantitative approach, analyzing the collected data using multiple linear regression.

4. RESULTS AND DISCUSSIONS

The data was analyzed with the help of SPSS version 29. It was calculated to use multiple linear regression. to predict the significant relationship between the variables.

Table 1

Regression coefficients of Openness to experience, Extraversion, Conscientiousness, Neuroticism and Agreeableness personality traits on Parent Ego State

Variables	β	SE	t	p
Constant	18.67	1.01	18.41	.000
Neuroticism	.016	.010	1.584	.114
Extraversion	.008	.009	.891	.374
Openness	-.062	.010	-5.980	.000
Agreeableness	-.046	.010	-4.630	.000
Conscientiousness	.017	.011	1.619	.109

The findings between extraversion, conscientiousness, openness to experience, neuroticism, and agreeableness personality traits on parent ego state with the R^2 value of .26 revealed that the predictors explained 26% variance in the outcome variable with $F(5, 194) = 13.92, p < .001$. The findings revealed that openness and agreeableness personality traits negatively predicted parent ego state ($\beta = -.37$ and $-.304, p < .001$) whereas neuroticism, extraversion and conscientiousness have non-significant effect on parent ego state ($\beta = .108,$

.062, and .119, $p > .05$). This result supports the notion that individuals with a stronger tendency towards a parent ego state, particularly a critical or controlling one, are likely to score lower on these personality traits. (Ciucur, 2013).

Table 2

Regression coefficients of Conscientiousness, Agreeableness, Neuroticism, Extraversion and Openness to Experience personality traits on Adult Ego State

Variables	β	SE	t	p
Constant	13.08	.712	18.37	.000
Neuroticism	.007	.007	.950	.343
Extraversion	.021	.007	3.162	.002
Openness	-.004	.007	-.495	.621
Agreeableness	-.014	.007	-2.042	.042
Conscientiousness	.007	.008	.964	.336

The findings between openness to experience, conscientiousness, neuroticism, agreeableness, and extraversion personality traits on adult ego state with the R^2 value of .080 revealed that the predictors explained 8% variance in the outcome variable with $F(5, 194) = 3.33, p > .005$. The findings revealed that neuroticism, extraversion, openness, agreeableness and conscientiousness have non-significant effect on adult ego state ($\beta = .072, .24, -.034, -.150, .080, p > .05$). This specifies that there is no statistically strong evidence to suggest that the strength or nature of an individual's adult ego state is reliably linked to their scores on the OCEAN model of personality. (Rahiman & Kodikal, 2024)

Table 3

Regression coefficients of Neuroticism, Extraversion, Openness to Experience, Agreeableness and Conscientiousness personality traits on Child Ego State

Variables	β	SE	t	p
Constant	9.65	.778	12.40	.000
Neuroticism	.045	.008	5.93	.000
Extraversion	.003	.007	.421	.674
Openness	-	.008	-2.03	.044
	.016			
Agreeableness	-	.008	-1.38	.167
	.011			
Conscientiousness	-	.008	-1.73	.084
	.014			

The findings suggests neuroticism, extraversion, openness, agreeableness, and conscientiousness personality traits as predictors on child ego state with R^2 value of .27 revealed that the predictors explained 27% variance in the outcome variable with $F(5, 194) = 14.17, p > .005$. The findings revealed that neuroticism personality trait positively

predicted child ego state ($\beta = .045, p < .001$) whereas agreeableness, extraversion, conscientiousness and openness to experience have non-significant effect on adult ego state ($\beta = .03, -.12, -.09, -.13, p > .05$). This shows that persons who tend to express more of their "child" ego state are also likely to score higher on neuroticism, meaning they may experience more negative emotions and instability. (Sreenivasan & Suriyaprakash, 2019).

5. CONCLUSION

In summary, The findings from this study reveal a significant association between the Big Five personality traits and ego states. According to the analysis, the Parental ego state negatively predicted Agreeableness and Openness to Experience. Additionally, regression results indicated that the Adult (mature) ego state did not significantly correlate with any of the five major personality traits. Another noteworthy result was that the Child ego state positively predicted Neuroticism.

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