

## Psychological Study of Egogram can be Helpful Medically and Socially for Better Life

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### Abstract

Drastic changes in the world have brought people unstable health states, and various stressors have always influenced the personality in people. From a psychological and ethical point of view, ego means consciousness about empirical individuality and a conscious personality that keeps contact with the reality and mediates id and super ego. In transactional analysis (TA), 3 egos (personality) are suggested to exist in a human, which are parent's ego (P), adult's ego (A), and child's ego (C). Based on the theory of Berne and Dusay, transitional analysis and psychological test, egogram has been originated and used widely in medical, clinical, educational and social fields. It has 5 factors, which are Critical Parent (CP), Nurturing Parent (NP), Adult (A), Free Child (FC), Adapted Child (AC). Based on the principle of egogram, Tokyo University Egogram (TEG) was developed and standardized by sufficient statistical investigation. Furthermore, there are related research for egogram and psychosomatic medicine, hypertension, oral malodor, donors for organ transplantation, stress medicine, mental health, music therapy, education, business and so on. Consequently, egogram, TEG and TA have been helpful method to evaluate, investigate and treat for various psychological situation.

**Keywords:** Egogram, Tokyo University egogram (TEG), Transactional analysis, Personality, Better communication

### COMMENT

For years, psychiatry and behavioral sciences has been more important in medical and social field. One of the reason seems to be that drastic changes in the world have brought people unstable health states. Moreover, various stressful matters and events have always influenced the personality in people. From this standpoint, I will give some comment concerning personality, ego, egogram, transactional analysis, communication with others and so on in this article.

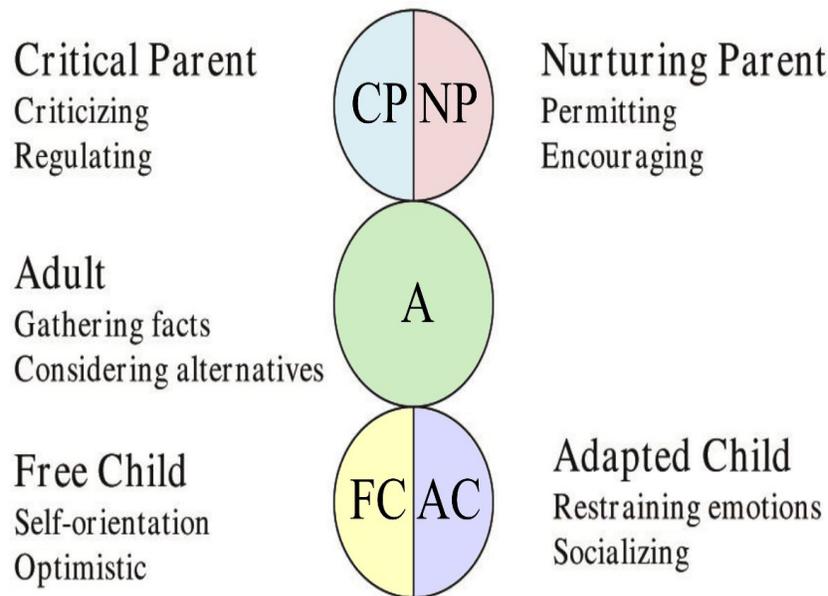
From a psychological and ethical point of view, ego means consciousness about empirical individuality. In addition, psychoanalytically, ego also means a conscious personality that keeps contact with the reality and mediates id and super ego[1,2].

Transactional analysis is a method of self-analysis. First of all, it is suggested that there are 3 egos (personality) in a human, which are parent's ego (P), adult's ego (A),

and child's ego (C). Next, each personality can appears in turns during our actions and thoughts in our lives. Thirdly, analyzing the quality and quantity of 3 egos will lead to structural analysis. At last, the interaction among 3 egos would be analyzed. From the results obtained by this series of work, we can know and understand ourselves with our egos. It has power for us to respond to various stresses in everyday life and control of ourselves [3].

Transactional analysis was originally proposed and established by Berne [1,4]. Among them, the behavior of a person was classified into five ego states such as language, voice, expression, gesture / posture and action. Subsequently, Dusay who was a disciple of Berne graphed this ego, in which everyone can understand and grasp the state visually [5].

General characteristics of 5 factors are in the following [5,6] (Fig. 1).



**Fig 1.** Fundamental concept of 5 egos, which are CP, NP, A, FC, AC.

Critical Parent (CP) stands for the sense of justice, morality, sense of responsibility, conscience and so on. People with high CP scores have a strong sense of justice with a leadership character and tend to be in contact with people with a critical attitude.

Nurturing Parent (NP) stands for the kindness, compassion, tolerance, acceptability, empathy etc. People with a high NP score tend to be in contact with people with a nice personality, kind, caring, warm, accepting, protective attitude.

Adult (A) represents the intelligence, reason, calmness, logic, judgment, reality orientation, emotional stability, and so on. People with a high A score are reasonable in judgment, are calm and confident, emphasize objective facts, and can also control their own emotions well.

Free Child (FC) stands for the intuition, creativity, freedom, curiosity, spontaneity, liveliness, pleasure, expressiveness, and so on. A person with a high score of FC has a spontaneous nature, freely expresses emotions, associated with healthy, high creative power and full of vitality.

Adapted Child (AC) stands for the honesty, cooperation, perseverance, courage, politeness, and so on. A person with a high AC tends to be a so-called "honor student" personality, obedient, highly cooperative, passive, behaved well, constantly feeling out of the surroundings and striving to meet that expectation.

Based on the principle of egogram, Tokyo University Egogram (TEG) was developed by the University of Tokyo group according to the personality trends and way of thinking for Japanese people[7]. Because TEG has been developed and standardized by sufficient statistical investigation, it is reliable psychological examination among several egograms.

The feature of the egogram (TEG) is simply to answer with "yes" "no" "neither". It is to have five measures to determine simplicity, ease and the ego state. Five scales are evaluated in five ego states. That is, they are scored and evaluated in terms of CP (Critical Parent), NP (Nurturing Parent), A (Adult), FC (Free Child), AC (Adapted Child).

For the study and create for the TEG questionnaire, the psychosomatic department of Tokyo University has proceeded the investigation. They examined the data of thousands of people obtained from TEG questionnaire, and extracted 60 questions out of lots of questions [8]. Among them, the questions No.1, 2, 60 are as follows; 1. I can't say what I want to say. 2. I get rowdy and party with others. 60. I consider the opinions of others. Moreover, they investigated the correlations among the common health care-combined application of three questionnaires, which are TEG, Time Structuring Scale (TSS), and Profile of Mood States (POMS).

As a clinical study on egogram and TEG, there are reports concerning hypertension, in which white coat hypertension and hypertension in pregnancy would be influenced by low FC score and a high AC score[9,10]. In comparison with 600 patients with oral malodor and healthy individuals, NP-dominant, A-dominant, inverse N type (NP low, Free Child high) showed a significant decrease[11]. Moreover, egogram examination was studied for subjects for smoking cessation behavior and donors for organ transplantation [12,13].

The authors and colleagues have previous TEG research concerning music therapy [14]. Subjects were 382 cases with piano learner of piano, parents of learner and music piano teachers, and were assessed by TEG. The results in 3 groups showed certain ratio in 29 typical kinds of personality tendency, which were compared with those of standard results of TEG in 4584 Japanese people. There were tendency of personality types in 3 groups as follows: learners showed types of frustration, freedom, playboys, white dreams, etc., parents showed various types, and teachers showed strict fathers, administrators, computers, and solitary people, and so on.

Psychological examination of TEG is originally specialized in knowing the personality, then it is expected to be utilized at companies and educational sites. Job stress was investigated in scientific researchers [15]. By coming to know what situation is stressful, each person can take measures and help mental health. Furthermore, it is also useful in the educational situation such as school. When the characteristics of the students were understood in advance, faculty members can share the perception of individual students. It is also useful for meetings among student, parent and faculty member.

As mentioned above, egogram/TEG has been a questionnaire and evaluation method to investigate relationship between ego state and behavior pattern, which is simple and useful medically and socially. However, there may be limitations for this. Further detailed and accurate analyzes are necessary for other examinations to grasp detail personality. They include Rorschach test, Cornell Medical Index (CMI), emotional instability, social adaptation, Yatabe-Guilford personality examination (YG examination).

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