

The Effectiveness of Communication Skills Using Transactional Analysis on the Dimensions of Marital Intimacy: An Experimental Study

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Abstract : Objective: Intimacy is among the most important factors in marital relationships and includes different aspects. Communication skills can enable couples to promote their intimacy. This experimental study was conducted to measure the effectiveness of communication skills using Transactional Analysis (TA) on various dimensions of marital intimacy. Method: The participants in this study were female teachers. Analysis of covariance was recruited in the experimental group (n =15) and control group (n =15) with pre-test and post-test. Random assignment was applied. The experimental group received the Transactional Analysis training program for 9 sessions of 2 hours each week. The instrument was the Marital Intimacy Questionnaire, with 87 items and 9 subscales. Result: The findings suggest that training in Transactional Analysis significantly increased the total score of intimacy except spiritual intimacy on the post-test. Discussion: According to the obtained data, it is concluded that communication skills using Transactional Analysis (TA) training could increase intimacy and improve marital relationships. The study highlights the differential effects on emotional, rational, sexual, and psychological intimacy compared to physical, social/recreational, and relational intimacy over a 9-week period.

Keywords : communication skills, intimacy, marital relationships, transactional analysis

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