

**Ego State and Purpose in Life**  
**Japanese Adolescents**

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**Abstract**

*The current study investigates relatively Ego State and purpose in life among Japanese adolescents. A non – experimental, descriptive, correlation research design has been used to examine the hypotheses of a significant relationship between Ego State and purpose in life; 76 Japanese adolescents have responded to the Japanese versions of “Purpose in life” (PIL) questioner and “Tokyo University Ego Gram” (TEG). Results have shown; A significant relationship between the free child (FC) Ego state and PIL (A and B,C); A Significant relationships between critical parent (CP) ego state and PIL (A); between nurturing parent (NP) ego state and PIL (B, C); and a dominant Adapted child (AC) ego state.*

*Key words: Ego State and Purpose in Life*

**حالة الأنا وهدف الحياة**

**مراهقين يابانيين**

**ملخص:**

إن البحث الحالي يدرس ارتباط حالة الأنا ووضع هدف للحياة على عينة من المراهقين اليابانيين.. وتصميم البحث الشبه تجريبي الوصفي الارتباطي هو منهج الدراسة لاختبار فروض البحث القائمة على وجود علاقة ارتباطية دالة بين حالة الأنا ووضع هدف للحياة. 76 مراهقاً يابانياً استجابوا للنسخة اليابانية من استبيان (الهدف في الحياة) (PIL) و Ego Gram لجامعة طوكيو باليابان. أوضحت النتائج وجود علاقة دالة بين حالة (الطفل الحر) للأنا وبين وضع هدف في الحياة؛ وجود علاقة دالة بين حالة (الوالد الحازم) للأنا وبين وضع هدف في الحياة؛ وجود علاقة دالة بين حالة (الوالد الراعي) للأنا وبين الاتجاه نحو مظاهر الحياة، الهدف، الفراغ الوجودي وقيمة الاتجاه؛ وسيطرة حالة (الطفل المتكيف) للأنا على العينة.

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## Introduction

Humanistic psychology believes that Human beings strive to actualize their highest potentials as unique selves and maintain close mutual relations with others. A whole vision in Psychology was established by Rogers, Maslow and May to focus on person and his existential status (kazdin, 2000.). Humanistic psychology adopts a holistic approach to human existence through investigations of meaning, values, freedom, tragedy, personal responsibility, human potential, spirituality, and self actualization.

“Humanity must be understood in terms of interaction with the world and the situation in which it finds itself” Adrian (as cited in Benjamin B. Wolman, 1991, p. 198). Adrian and Frank (as cited in Benjamin, 1996) indicted that psychological research should based on the human experience during all ages and focuses on its meanings to the individual; experience that structure people psychologically.

“**The ego**” is not a unitary phenomenon, but it considers more like a confederation of state.... The normal personality functions like a country that has both a “national” government and subsections (such as states, and cities) that has varying degrees of local autonomy. These “**ego states**” (“part persons”) are separated from each other by boundaries that are more or “less permeable.” John and Helen (as cited in Raymond J. Corsini, 1981, p. 252) ; J. C. Reil (1803) asked “how it was possible for the ego to divide itself into persons, who produce things that he is not a ware of them”.

In (1907) Pierre Janet's studies of dissociation and the classic cases of multiple personality... Boris sides’ (1910) pictured the interaction of

ego-states in their pure overt and conscious form, hence when the boundaries between them are rigid and impermeable”.

John and Helen (as cited in Corsini, 1981, P. 253) pointed that, Paul Federn theories (1871-1950) involve ego psychology, which based on Freud's structural model of mind “Id – ego – super ego” in a various ego functions. John, (as cited in Richard Gregory, 1987.), According to Federn, the normal ego was divided (dissociated) into segments which are responsible for different behavior and experience. These sub patterns of personality, he called them ego states.... In (Weiss, 1952), he developed the ego state theory.... J - G. Watkins, 1978 was the extend and modification of Federn ego – state theory. John and Helen (as cited in Corsini, 1981, pp. 254, 255.).

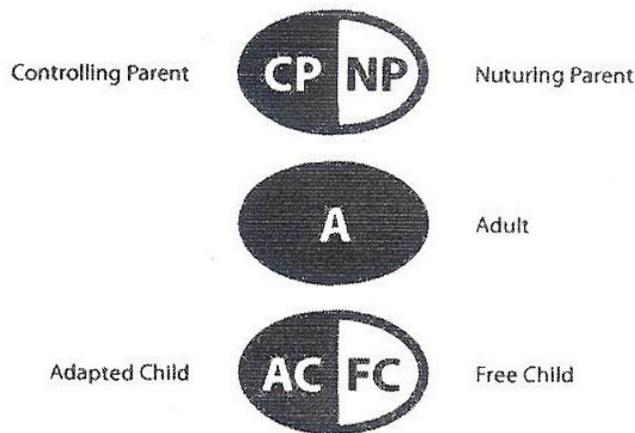
Eric Berne, Canadian Born, American Psychologist and Psychiatrist (1910-1970), developed the ego-state theory on the foundations laid by Federn. He is also influenced by Erik Erikson (ego identity and psychosocial development), Eugen Kahn (The classification model), and Penfield (the neurological research). Berne continued to use the Freudian theory (Ann Heathcote, 2010, p. 257).

Berne used the Freudian reference “Id, Ego, and super ego” in (1947), in the beginning of (1957), he stated two conscious ego state, an “Adult” and “child”, then the “parent” ego state as a reflection of parental prejudices, he also referred to “structural analysis” as a process of differentiating ego state “Transactional Analysis”, and proffered his first definition of an ego state: “An ego state may be described phenomenologically as a coherent system of feelings, and operationally as a set of coherent behavior patterns; or pragmatically as a system of feelings which motivates a related set of behavior patterns.” (Ann Heathcote, 2010, p. 256). According to Berne (1964), Parent, Adult, and

## EGO STATE, PURPOSE IN LIFE

child ego states coexist within personality; the Adult state (A) functioning in a logical and rational manner; the Child state, thinks, feels, and acts like the child once experienced; The little professor is called when the child is thoughtful, imaginative, and creative; a free child (FC) is called when the child is lovely, hateful, and impulsive; a state of Guilt, shame and fearful is known as Adapted Child (AC); a critical Parent (CP) state operates as a Judgmental rules; while supportive parent (take care of others, kind, and over interference) is known as Nurturing Parent (NP). As Berne mentioned, all three ego states are important for healthy functioning. Each person creates a life script early in life as a way of meeting one's needs (Elsevier B.V., 2006). Ego state is individually and manifested for each person that is unique to one's experience, mentality, and family.

The differences between structuring and functioning of Ego state that, the functional model classifies observed behaviors, while the structural model classifies stored memories and strategies. (Elizabeth Crichton, 2007, p. 31).



### Functional Analysis of Ego States

(Stewart & Joines, In Elizabeth Crichton, 2007, p. 32)

**Transactional Analysis (TA)** is a kind of Psychotherapy based on structural Analysis “differentiating ego state”, which is developed by Eric Berne; The goal is to have the mature and realistic attitude toward life “The Adult” ego (Arthur S. Reber & et. al, 2009). (TA) provides a structural personality model, which shifts ego patterns in interpersonal psychological functioning (Rima Novojenova and Shlomo S. Sawilowsky, 1999). (TA) presents a structural analysis system that can be applied in group, individual, family and classroom settings (Saddle River, NJ: Pearson. Gary Michael Szirony,2008).

**Purpose In Life:** Viktor Frankl Started logotherapy – existential psychotherapy – which is focused on the meaning and purpose in life. His theory purported that finding meaning in life can endure manners of suffering, and he called this inner strength “spirituality”.

**LogoTherapy:-** It is an important component of the Humanistic psychology movement. It holds the dynamic psychologies, existentialism, and behaviorism elements by focusing the client on a recognition and acceptance of self in a meaningful way as part of a totality, including the real world that must function (Arthur, Rhiannon, and Emily, 2009).

The phrase/ concept “Being in the world” that belongs to Martin Heidegger, means that once must recognize that being human means being engaged and entangled in a situation and confronted with a world whose objectivity and reality is in no way detracted from by the subjectivity of that “being” who is “in the world” (Frankl, 1967, p. 138).

According to Logotherapy, life situations are full of meaning even the negative aspects (Suffering, guilt, and death) can be turned into positive attitude/ situation. (Frankl, 1967, p. 141).

## EGO STATE, PURPOSE IN LIFE

Jeffries and Laura (1995) indicate that Meaning and purpose in life are unique to each individual. They also reflect the existential striving for a genuine and authentic existence.

Many studies has improved Ego-state therapy and validated the Transactional Analysis as a structural Analysis of ego state:

John G. Watkins (2005); John G. Watkins and Helen H. Watkins (as cited in Corsini, 1981, p. 260) indicated that they used Ego-State Therapy with a wide variety of clinical syndromes, ranging from simple problems of stopping smoking, weight reduction, and study difficulties through the various neuroses to borderline schizophrenics; A clinical case study of a complex eating by Mather and Marcia Degun (2003); A clinical case study of highly complex compromise formations manifested in fantasies by Alan Sugarman (1997); Behavioral problems in immigrant male adolescents by Claudie, U Creteil, and Ramod (1994); sexually traumatized children by Woltemade, Hartman (1994); measuring client change in Psychotherapy by Judith and Emerson (1990); Consideration of affective ego state of outrage and outrageousness by khan, M (1986); Interpersonal communication by Christine Ann, Johnston (1985); Marital happiness by Sharon Anne Kalinko (1980); As a Psychotherapy by Sharyn lee Faro (1979); A construct validation within Eric Berne's theory of TA by Randall Morrow and Franklin (1979); and the identification of transactional analysis and nonverbal behavior within Counseling Sub roles by Gary lee and Silker (1979).

Ego state and purpose in life have been – separately – received the most attention as a developmental stages in identity, relationships, a spirituality, religion, and meaning in life that influence human being's life.

## EGO STATE, PURPOSE IN LIFE

Relationship between identity and meaning in life has been proved by numerous studies. Meaning in life appears important to overall well – being at many life stages and is somewhat predictable from developmental theories, Arnett and Erikson (as cited in Michael et. al, 2009).

The perceptions of meaning in life are thought to be related to the development of a coherent sense of one’s identity, Heine, Proulx, and Vohs (as cited in Michael et. al, 2009). The study of Anthony Burrow and Patrick Hill, (2011) showed that purpose in life is fully mediated the relationship between identity and changes in daily positive and negative affect. Findings suggest that Cultivating a sense of purpose in life may be an important mechanism through which a stable identity contributes to well – being.

Purposelessness has been associated with destructive behaviors and psychological symptoms in adolescence and young adulthood (Nkyi, Anthony Kwabena, 2010; Ezell, Racquel Jude 2003; Martha L. 1994; and, Baiocco, Roberto et. al, 2009).

Studies have showed a positive relationship between purpose in life, psychological health and moral development of young people (Bronk, Kendall Cotton et.al, 2009; and Briggs, Michele Kielty and Shoffner, Marie F 2006). The study of Shek Daniel T (1997) showed a significant relationship between adolescents psychological well- being / purpose in life and family functioning; Also, a positive relationship between parent attachment and a sense of life meaning (Baiocco, Roberto et. al, 2009).

Using purpose in life as a core factor in logotherapy has investigated by Holly Oswald, 2010.

**Questions of the study:**

Ego-state influences self- actualization by such a sense of meaning, purpose, fulfillment, and achievement for its rules / roles that we replay in our behavior, thought, and feeling from childhood indicate an important factor which plays a core impact in our life. Ego state – relatively to our experiences and families – shapes and colures our life (meaning and purpose).

The process of creating a sense of meaning theoretically in adolescence continues throughout life, Fry (as cited in Michael et. al, 2009, p. 43). The study of Michael (2009, p. 50) suggested that at earlier life stages research should focus on the process and personality features that support the presence of meaning in life and the development of purpose.

**Thus; the questions of the study are:**

- 1- Is there a significant relationship between ego- state and purpose in life?
- 2- Is there a specific subdivision of Ego – states that significantly related to purpose in life?
- 3- Is there a significant difference in gender on Ego state and PIL purpose in life ?

**Procedures**

**Method of the study:**

The method of the study is a non- experimental, descriptive, correlation research design, and a study of two variables. Ego – state considers a criterion variable and purpose in life a predictive variable.

**Participants:**

76 Japanese adolescents, 42 male and 34 female, aged 16-17 years in second grade high school; “Kinki university second high school, Osaka, Japan” participate in the study. Participants answered the (TEG) Tokyo university Ego gram, and the Japanese version of (PIL) purpose in life attitude scale.

**Tools:**

Tokyo university Egogram (TEG) is a kind of personality inventory that is used widely in Japan. It is the Japanese version of Egogram that is developed by John – M. Dusay based on transactional analysis (TA). TEG consists of 27 items, includes five subscales: Critical Parent “CP”, Nurturing Parent “NP”, Adult “A”, Free Child “FC”, and Adapted Child “AC”. The strength of these five functional ego states is predicted and explained according to transactional analysis (TA) and human behavior.

Dusay presented a graphic technique of portraying the ego state pattern that he called the “ego gram” (as cited in Yasuharu et. al, 2002, p. 3013).

In Japan, Ishikawa et. al (as cited in Yasuharu et.al, 2002, P. 3013) developed the TEG in 1984; in 1993, Suematsu et. al revised the TEG based on data obtained from > 5000 healthy Japanese subjects (TEG, 2<sup>nd</sup> edition) to verify the reliability of the ego gram, Yoshiuchi et. al, (as cited in Yasuharu et. al, 2002, p. 3013), Compared the results of the TEG with those of the Profile of Mood Status (POMS), Self-Rating Depression Scale (SDS), and the Cornell Medical Index (CMI) which had been given to 523 patients who consulted the outpatient department of psychosomatic medicine of Tokyo University. Williams and Williams (as

cited in Yasuharu et. al, 2002, p. 3014) reported stability in the ego state across a time interval. Yasuharu Nakahara et. al, (2002) didn't observe any considerable change in the ego state of their study patients over time.

Many studies have successfully used TEG for measuring the psychological function, such as:-

- Daiki kato and Miyako Morita, (2010) examined the relationships between TEG scores, features of collage works, and block works.
- Yasuharu Nakahara and et. al, (2002) explored the influence of the patient's mental state on survival in patients with Advanced Lung Carcinoma. TEG was used to portray the mental state of the subjects.
- Sugiyama, T; Kameyama, A; Yamakura, D; Morinaga, K; and Tsunoda, M, (2011) investigated the character traits of malodor patients.

Purpose and meaning in life have been investigated through (PIL) "attitude scale" that constructed by Crumbaugh and Maholick (1964, 1981); based on Viktor Frankl's concept concerning the neurosis that develops with a Lack of perceived meaning in life based on Logo therapy. Frankl, E. started logo therapy that existential psychotherapy focuses on the meaning and purpose in life. The test is used to measure existential vacuum. That is to say, the test examines how much people find the meaning and purpose in their life.

PIL for Japanese was translated by Satou Fumiko and Tanaka Hiroko in 1966. In 1993, PIL test for Japanese was published. Carolyn Jane, (1993) determined a positive construct validity of the purpose in life test.

**The results**

Table (1)  
The mean and standard deviation of the age, PIL and TEG (Ego States)

	Male (42)		Female (34)		t	p
	m	sd	m	sd		
<b>age</b>	16.21	0.42	16.26	0.43	- 0.508	0.613
<b>PIL (A)</b>	91.1	16.83	86.7	19.53	1.029	0.307
<b>PIL(BC)</b>	39.61	8.89	39.26	11.50	0.151	0.880
<b>Critical Parent (CP)</b>	36.62	27.46	38.94	29.43	- 0.049	0.961
<b>Nurturing Parent (NP)</b>	43.23	30.96	37.61	28.82	0.811	0.420
<b>Adult (A)</b>	42.73	25.95	41.85	29.27	0.140	0.889
<b>Free Child (FC)</b>	50.81	27.88	41.97	26.62	1.402	0.165
<b>Adapted child (AC)</b>	69.00	26.03	60.26	35.50	1.301	0.197

This table (1) shows the mean and standard deviation of the study variables. The T. test, according to the category variable, is gender. It indicates that, there is no significant difference between male and female in all parameters.

Table (2)  
the frequency ego states types

	Male (42)				Female (34)			
	0 to 30.00	31:50	51:70	71 +	0 to 30.00	31:50	51:70	71 +
	F(%)	F(%)	F(%)	F(%)	F(%)	F(%)	F(%)	F(%)
<b>Critical Parent (CP)</b>	18 (42.9)	12(28.6)	6(14.3)	6(14.3)	16(47.1)	5(14.7)	10(29.4)	3(8.8)
<b>Nurturing Parent (NP)</b>	18(42.9)	7(16.7)	5(11.9)	12(28.6)	18(52.9)	7(20.6)	4(11.8)	5(23.5)
<b>Adult (A)</b>	<b>16(38.1)</b>	10(23.8)	11(26.2)	5(11.9)	<b>14(41.2)</b>	7(20.6)	5(14.7)	8(23.5)
<b>Free Child (FC)</b>	9(21.4)	15(35.7)	8(19)	10(23.8)	12(35.3)	10(29.4)	5(14.7)	7(20.6)
<b>Adapted child (AC)</b>	6(14.3)	5(11.9)	12(28.6)	<b>19(45.2)</b>	7(20.6)	5(14.7)	8(23.5)	<b>14(41.2)</b>

The category factor of Ego state divides the type of Ego to four divisions, **Low** ranging from zero to less than 30; **below average** ranging from 31 to 50; **above average** ranging from 51 to 70; and high ranging from 71+

This table shows that the **Adapted child (AC)** with (71+) type frequency is 45.2 % in male group, whereas female group (AC) frequency is 41.2 %. Compared with **Adult type (A)**, **Nurturing Parent (NP)** and **Critical Parent (CP)**, the higher frequency is ranged from 0 to 30.

Table (3)  
the correlation coefficients between PIL (A, BC) and Ego states types

	PIL (A)		PIL (BC)	
	r	p	r	p
<b>Critical Parent (CP)</b>	<b>0.241</b>	0.036	0.200	0.083
<b>Nurturing Parent (NP)</b>	0.201	0.086	<b>0.300</b>	0.008
<b>Adult (A)</b>	- 0.025	0.828	0.051	0.663
<b>Free Child (FC)</b>	<b>0.465</b>	0.00	<b>0.387</b>	0.001

EGO STATE, PURPOSE IN LIFE

<b>Adapted child (AC)</b>	- 0.143	0.219	000	0.997
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Table (3) shows that there are strong relationship between Free child type and PIL (A), where  $r = 0.465$ , significant at  $p = 0.000$ ; and PIL (BC) where  $r = 0.387$ , significant at 0.001. They are also weak but there is a significant relationship between Critical Parent (CP) and PIL (A)  $r = 0.241$  significant at 0.036; and between Nurturing Parent (NP) and PIL (BC)  $r = 0.300$ , significant at 0.008.

Table (4)  
the differences In PIL (A) according to Ego states

	PIL (A)				F	Sig.
	0 to 30.00 M(sd)	31:50 M(sd)	51:70 M(sd)	71 + M(sd)		
<b>Critical Parent (CP)</b>	84.8(17.5)	88.9(15.8)	94.9(13.4)	95.2(27.8)	1.576	0.203
<b>Nurturing Parent (NP)</b>	86.4(16.7)	88.1(19.4)	87.7(26.04)	96.4(14.3)	1.227	0.306
<b>Adult (A)</b>	86.96(19.5)	94.7(17.2)	91.4(19.7)	83.7(12.3)	1.166	0.329
<b>Free Child (FC)</b>	78.7(16.8)	85.7(17.3)	98.3(16.5)*	99.88(13.4)*	7.109	0.000
<b>Adapted child (AC)</b>	96.3(18.3)	87.9(22.1)	87.8(16.9)	87.1(18.1)	0.837	0.478

Table (4) the analysis of variance reveal that there are significant differences in PIL (A) due to the free child (FC) ego type,  $F = 7.109$ , significant at 0.000. The post hoc bonferroni indicates that the mean of PIL (A) of the above average and high subgroups of free child (FC) is significantly higher than the low and below average subgroups of PIL (A).

Table (5)  
the differences In PIL (BC) according to Ego states

	PIL (BC)				F	Sig.
	0 to 30.00 M(sd)	31:50 M(sd)	51:70 M(sd)	71 + M(sd)		
<b>Critical Parent (CP)</b>	37.26(11.1)	39.88(7.94)	42.4(9.3)	41.6(10.5)	1.165	0.329
<b>Nurturing Parent (NP)</b>	37.1(10.4)	39.85(9.6)	35.6(10.3)	46.2(6.5)*	4.072	0.01
<b>Adult (A)</b>	39.5(9.96)	38.8(8.98)	38.06(9.4)	42(12.9)	0.391	0.760
<b>Free Child (FC)</b>	36.4(11.6)	35.3(8.9)	45.2(7.3)*	45(7.1)*	6.246	0.001
<b>Adapted child (AC)</b>	40.7(9.5)	37.7(9.6)	38.8(11.9)	39.9(9.5)	0.210	0.889

Table (5) the analysis of variance reveal that there are significant differences in PIL (BC) due to the Nurturing Parent (NP) ego type,  $F = 4.072$ , significant at 0.01. the post hoc bonferroni indicates ate that the mean of PIL (BC) of high subgroup of Nurturing Parent (NP)is significantly higher than the low subgroup of PIL (A). Also there are significant differences in PIL (BC) due to the Free Child (FC) ego type,  $F = 6.246$ , significant at 0.001. The post hoc bonferroni indicates that the mean of PIL (BC) of high subgroup of Free Child (FC) is significantly higher than the low subgroup of PIL (A).

### **Discussion**

The results of the current study have not shown a significant difference regarding the gender factor, it answer the questions of the study; that there is a significant relationship between ego state and purpose in life. The Free Child (FC) ego state shows a significant relationship with both parts of PIL A and B, C - high level of part (A) shows that people have clear meaning and purpose with a sense of fulfillment and achievement every day; and the score of parts (B,C) sum the response to the aspects of life, meaning and purpose, existential vacuum, and value of attitude (PIL study group, 2008) - which support Berne's theory (Berne, E. 1964 and Mc Cormick, 1977) that (FC) ego state thinks, feels, acts spontaneously; where thoughtful, imaginative, energetic and impulsive state are dominant; and influences the individual clear meaning and purpose in life and also the aspects of life, purpose in life, existential vacuum, and value of attitude. Critical Parent (CP) ego state showed a significant relationship with PIL part (A) means that as (CP) reflects the rules of society and values of the individual (Williams et. al, 1983) it influences the individual's clear purpose and meaning in life which support the Humanistic psychology, Berne's and frankl's theories "the influences of socio – culture, experience, and internalized images to individual", Adrian and Frank (as sited in Benjamin, 1996), Berne (1964), Arthur, Rhiannon and Emily, (2009) and Jeffries and Laura (1995).

In the same way, Nurturing Parent (NP) shows a significant relationship with PIL parts (B, C); It means that supportive, kind and over interfere parent (Berne, E. 1964) influences the individual's aspects of life, meaning and purpose, existential vacuum, and value of attitude.

The results also show a significant high level of Adapted Child (AC) ego state, which reflects a states of guilt, shame and fear (Berne, E 1964); and reflects adapted ego state to the norms, and values of the parents, (Berne in McCormick, 1977), which supports the concluded findings of the researcher's study "Parent – Child Relationship and the Child Inner Feelings Regarding Dependency – Japan<sup>(1)</sup>"; Findings show that children have a tendency of dependency, influenced by Amae's<sup>(2)</sup> mentality, "dependency on mother, parent, and organizations".

Berne described the Ego states (as cited in McCormick, 1977): the Child ego state is a set of feelings, attitudes, and patterns of behaviors which were experienced in the persons own childhood; Adapted Child (AC) ego state develops from adapting to what the original Parents or parental figures either wanted or didn't want of the child; Parental ego state is a set of feelings, attitudes and pattern of behaviors which appear to be like those of a parental figure.

Developmentally, as various theorists have postulated, a baby is born only with a child ego state (Berne, E, 1969). James and Jongward (1971) believe that the parent ego state develops after the child begins to imitate parents and take on parental values.

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(1) The paper has been presented in the Asian Conference on Psychology and the Behavioral Sciences, March 2011, Osaka, Japan.

(2) Amae is a Japanese term refers to the feelings that all normal infants at the breast harbor toward the mother – dependency, the desire to the passively loved, the unwillingness to be separated from the warm mother – child circle and cast into a world objective "reality" in Japanese. These feelings are somehow prolonged into and diffused throughout his adult life. (John Bester in "The anatomy of dependence" 2008, p. 7) by Doi.

Woollams and Brown (1979) describe the different functional ego states;... The positive Nurturing Parent is the parent that takes care of others when the other needs. The negative Nurturing Parent either over – nurtures, smothers, over – permissive, and does things for others which are not needed. The positive controlling parent stands up for other’s rights, strong and firm. The negative controlling Parent is critical and taking a position of superiority and tending to put others down.

At this point, a weak but significant relationship between (CP) and PIL part (A) may reflect a kind of unconditional relationship between the positive controlling parent and the clear purpose and meaning in life of the individual. At the same way, a weak but significant relationship between (NP) and PIL part (B, C) may reflect an unconditional relationship between the positive Nurturing parent and the individual’s aspects of life, meaning and purpose, existential vacuum, and value of attitude.

**Conclusion:-**

Humanity must be understood in terms of interaction with the world, Experiences and its meanings to the individual (Parents in childhood) structure people psychologically and originate adult patterns. (Benjamin 1996). Ego state, phenomenologically, is a sense, is a Coherent system of feelings and operationally is a set of coherent behavior patterns, (Ann Heathcote, 2010). When patterns of Parent, Adult, and Child ego functioning, which had been internalized images of other persons, shift during the situations, while purpose in life is unique to individual across life – span; obviously and clear to mention that ego state influences purpose in life via and through specific others.

**The results of the study shows:**

- 1- A significant relationship between Ego – state and Purpose in life.
- 2- No significant difference in gender on Ego – state and Purpose in life.

## EGO STATE, PURPOSE IN LIFE

- 3- A dominant Adapted Child (AC) ego state, which consist of the Japanese culture.
- 4- A significant relationship between the Free Child (FC) ego state and PIL (A and B.C) which support Berne's theory.
- 5- A significant relationship between Critical Parent (CP) ego state and PIL (A) which reflects a positive functional of (CP) ego state and it influences the clear purpose in life.
- 6- A significant relationship between Nurturing Parent (NP) ego state and PIL (B, C), reflects a positive functional of (NP) ego state and it influences the individual's aspects to the life, purpose, existential vacuum, and value of attitude.

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