

A CO REALTIONAL STUDY OF CHILDHOOD TRAUMA AND PSYCHOLOGICAL WELL BEING AMONG ADULTS

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Abstract - The purpose of this study is to find out the relationship between childhood trauma and psychological well being among adults. For the study, a sample of 100 individuals was chosen from various parts of Ludhiana. The research employed a validated self-report questionnaire to assess childhood trauma and psychological wellbeing and by Using a stratified sampling technique, the data was obtained. The results demonstrated that there is a negative corelation between childhood trauma and psychological wellbeing among adults, ($r=-.337^{**}$, $p\text{-value}=<.001$). It suggests that a high degree of childhood trauma results in a low degree of psychological well-being.

Keywords: Childhood trauma, Psychological wellbeing, Adults.

1 INTRODUCTION

Victims of childhood trauma often have low self-esteem, anxiety, and despair. Any experience that deviates from normal circumstances and might cause extreme stress and sadness is considered a trauma (Wicks-Nelson & Israel, 1997). Through an examination of physical, sexual, and emotional abuse, trauma is examined in this study to better understand the management techniques and long-term effects that follow personal adversity. Given that suicide is one of the leading causes of mortality, it is critical to understand its risk factors to develop a comprehensive strategy for preventing it. Suicidal conduct is more likely to occur when a traumatic incident is experienced, according to numerous research.

Trauma is a psychological injury. It shatters the individual's sense of self and throws them off psychologically. It makes a lasting impression on the individual. Trauma's psychological after effects persist long even after the wounds have healed. Trauma is defined as an extremely upsetting or stressful event that exceeds a person's capacity for coping and frequently leaves a person with permanent emotional, psychological, and occasionally bodily repercussions. Events that happen during a person's youth and are destructive, upsetting, or both are referred to as childhood trauma. In terms of psychology, the main effects of trauma are intense emotion and a complete powerlessness. It could or might not physical harm, but psychological trauma combined with physiological disruption is a major factor in the long-term consequences (Allen 14). There are many different types of childhood trauma, for example-When a caregiver or other authority figure physically abuses or harms a child. Sexual abuse encompasses any type of sexual activity or interaction with a kid, such as rape, molestation, or exploitation. It can be parents or older kids who do this. Emotional Abuse: Also referred to as psychological abuse, is the ongoing maltreatment or neglect of a kid on an emotional level. Verbal abuse, unrelenting criticism, threats, rejection, or seclusion are a few examples. Bullied Children may also suffer trauma if they experience constant harassment, intimidation, or exclusion at the hands of peers or authoritative adults. By Observing Domestic Violence in cases where children are not subjected to physical abuse, they may nevertheless suffer trauma if they witness violence amongst family members or caretakers. Neglect is the inability to meet a child's fundamental requirements, including those for clothing, food, housing, medical attention, education, and emotional support. Physical, emotional, or educational neglect are all

possible. The severity, duration, and frequency of the trauma as well as the availability of services and supporting connections can all have a significant impact on the aftermath of childhood trauma.

A person's psychological well-being is dependent on their ability to operate well in specific spheres of life. The subjective sense of psychological well-being comprises contentment, pleasure, utility, belongingness, satisfaction with life's experiences and one's place in the workforce, and dissatisfaction. Ryff created the phrase psychological well-being to rectify a gap in the 1980s paradigm of good human functioning. A person's total mental health, as well as aspects like contentment with life, feelings of positivity, and a sense of direction, are all included in psychological well-being. Numerous facets of mental health and functioning are included in psychological well-being. To be comfortable, healthy, and joyful is to be in a condition of well-being. Physical, mental, emotional, social, and even spiritual dimensions are all included in the range of components that make up a person's existence. Well-being comes in various forms such as- Physical Well-being, Mental and Emotional Well-being, Social Well-being, Emotional Well-being, Spiritual Well-being, Environmental Well-being, Occupational Well-being. All things considered, the pursuit of balance and harmony in all facets of life is central to the holistic notion of well-being. Although it is individualized and subjective, it usually refers to a sense of fulfillment, satisfaction, and contentment with one's life. According to psychologist Carol Ryff, psychological well-being has multiple facets, including positivity in relationships, autonomy, mastery of one's surroundings, self-acceptance, meaning in life, and personal development. All these factors together represent an individual's feeling of contentment, direction, and life satisfaction. According to Ryff's approach, these elements are interrelated and together they support a person's overall psychological health. A balance between these aspects is linked to high levels of well-being, but deficiencies in any one area might result in a decline in well-being.

1.1 Objectives of the study

- To find out the correlation between childhood trauma and psychological well-being among adults.

1.2 Hypotheses of the study

- There will be a significant relationship between childhood trauma and psychological well-being among adults

2 REVIEW OF LITERATURE

Hilal ackey sun et al., (2022) The present study examined the mediating role of personal narratives [operationalized by Ontological Well-Being (OWB)] between CT and both mental illness and mental health using structural equation modeling. 200 persons from Turkey's general population—116 women and 84 men—participated in the study. They answered a self-report questionnaire about their life satisfaction, depression, anxiety, OWB, and CT. According to the results of the mediation analysis, OWB moderated the association between CT and both mental health and mental disease. According to the methodology this study evaluated, OWB (or life stories) changes for CT survivors may result in a quick improvement in their mental health.

Thomas Edward Gladwin et al., (2018) This study was done on, a non-clinical military population's adult psychiatric symptoms following deployment to Afghanistan were studied in relation to childhood trauma and the mediating effect of coping methods. 932 participants were selected from a prospective study that evaluated coping mechanisms (Brief COPE), combat-related events, early trauma (ETISR-SF), psychological complaints

(SCL-90), and combat-related events. Joint significance tests and moderation analyses were used to conduct mediation analysis. Result revealed that self-blame attenuated the susceptibility of psychological complaints, particularly anxiety and depressive symptoms, to combat-related events.

Paula et al., (2015) This research provides one of the first multivariate assessments of the distinct, cumulative, and moderated effects of adverse childhood experiences (ACEs) on three related but different measures of adult mental health: psychological distress, impaired daily activities, and perceived well-being. The data were collected from a representative population-based health survey (N = 13,593). The results show that each set of proposed connections is supported, including the idea that adult stress and resilience resources can both exacerbate and lessen the impacts of ACEs. Future research directions and implications for services are explored.

Sirgun sigurdardottir et al.,(2013) Study the parallels and discrepancies between genders regarding the effects of childhood sexual abuse on health and wellbeing. In comparison research included 28 in-depth interviews with 14 carefully selected individuals who had been sexually abused as children; two interviews were held with each participant, seven of whom were women and seven of whom were men. A journey of profound and quiet sadness that seemed to go on forever and nearly be intolerable was described by the participants. Since childhood, they have all struggled with intricate health issues. Women tended to internalize their emotional suffering while males tended to externalize it, indicating a gender difference in this behaviour.

RESEARCH METHODOLOGY

The term "research methodology" describes the methodical approach, strategies, processes, and instruments that scientists employ to carry out investigations, collect data, examine information, and make inferences. By making reliable generalizations and arriving at impartial conclusions about the evaluation of independent and dependent variables, the research paradigm assists the investigator in validating the hypothesis. It must be suitable, dependable, and up to date.

2.1 Sample of the study

The current research will investigate a sample of 100 adults randomly via a stratified sampling technique selected from different institutions and homes bearing in mind the subsequent requirements: adults in the range of 18-55 years and should be male and female

2.2 Tools used in the study

- Childhood trauma scale by Bernstein D., Fink L (1998)
- Psychological well-being scale by Dr Anjum Ahmed (1971).

2.3 Variables of the study-

- **INDEPENDENT VARIABLE**- childhood trauma
- **DEPENDENT VARIABLE**- psychological well being

3 RESEARCH DESIGN

Descriptive research design has been used for the study.

3.1 Statistical Analysis of the study

PEARSON COEFFICIENT CORRELATION TO FIND OUT RELATIONSHIP BETWEEN VARIABLES

4 RESULTS AND DISCUSSION-

Table 1.1 Relationship between childhood trauma and psychological well being among adults

VARIABLES	N	r	p- value
CHILDHOOD TRAUMA AND PSYCHOLOGICAL WELLBEING	100	-.337**	<.001

** . Correlation is significant at the 0.01 level (2-tailed).

This mentioned table 1.1 shows the coefficient correlation between childhood trauma and psychological wellbeing. . The table that follows displays that childhood trauma was found negatively and significantly correlated to psychological well being ($r = -.330^{**}$, $p\text{-value} < .001$). Hence, hypothesis 1 states that **“there is a significant relationship between childhood trauma and psychological well being” has been accepted.**

5 DISCUSSION OF RESULT

The results of this study indicate that childhood trauma is negatively correlated with psychological wellbeing. . It suggests that a high degree of childhood trauma results in a low degree of psychological well-being. Adults with high childhood trauma may experience low psychological well-being for a variety of reasons such as: A child's brain can develop abnormally as a result of childhood trauma, especially in areas related to stress response and emotional regulation. Later in adulthood, this disturbance may make it harder to control emotions and handle stress, which could lead to poor psychological health. Adversity during childhood can mold an individual's convictions about the world, other people, and themselves. This can result in negative fundamental beliefs like "I am unlovable" or "The world is unsafe." These ideas can damage one's sense of self-worth and fuel depressing sentiments about the future, hopelessness, and worthlessness. . Those who were traumatically affected as children may suffer from intrusive memories, flashbacks, or nightmares connected to their traumatic experiences. These symptoms may cause psychological discomfort and interfere with day-to-day functioning. They can also be upsetting and unpleasant. Individuals may adopt maladaptive coping techniques, such as substance misuse, self-harm, or avoidance, to deal with the emotional suffering caused by trauma. Although these coping mechanisms could offer short-term solace, they frequently worsen psychological suffering over time and impair general wellbeing. The findings are supported by prior research studies such as Kaiser Permanente (1990) studied how childhood trauma affects the well-being of adults. It was discovered that adverse health outcomes in adulthood, including mental health conditions like depression, anxiety, and substance misuse, were strongly correlated with childhood trauma (such as abuse, neglect, and dysfunctional households).

6 CONCLUSION

The conclusion about childhood trauma and how it affects an adult's psychological health is complex and frequently depends on a number of variables, such as the type of trauma experienced, the resilience of the individual, the availability of support networks, and the availability of therapy or other mental health treatments. Studies have consistently shown a clear link between unfavorable psychiatric consequences in adulthood and childhood trauma. Long-lasting impacts on psychological well-being might result from traumatic childhood experiences such as physical or emotional abuse, neglect, seeing violence, or suffering a major loss.

It's crucial to remember that not everyone who experiences trauma as a youngster will go on to have serious psychiatric issues. A friendly atmosphere, therapeutic accessibility, constructive coping strategies, and personal resilience are a few examples of

elements that can lessen the detrimental consequences of trauma and enhance psychological health. Furthermore, it has been demonstrated that therapies such as trauma-focused therapy, cognitive-behavioral therapy, and mindfulness-based methods are beneficial in treating symptoms associated with trauma and enhancing general mental health outcomes in adult survivors of childhood trauma.

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