

International Journal of Psychology Sciences



ISSN Print: 2664-8377
ISSN Online: 2664-8385
Impact Factor: RJIF 5.26
IJPS 2024; 6(1): 31-33
www.psychologyjournal.net
Received: 19-01-2024
Accepted: 27-02-2024

Arifa Arfeen
Amity Institute of Behavioural
and Allied Sciences, Lucknow
Campus, Amity University,
Uttar Pradesh, India

Dr. Pragyam Dangwal
Amity Institute of Behavioural
and Allied Sciences, Lucknow
Campus, Amity University,
Uttar Pradesh, India

Corresponding Author:
Arifa Arfeen
Amity Institute of Behavioural
and Allied Sciences, Lucknow
Campus, Amity University,
Uttar Pradesh, India

Impact of childhood trauma on resilience and attachment style in adulthood

Arifa Arfeen and Dr. Pragyam Dangwal

DOI: <https://doi.org/10.33545/26648377.2024.v6.i1a.40>

Abstract

Background: A person's early years play a significant role in shaping who they will become as adults. A functional, emotionally mature adult will inevitably be raised in a secure, healthy, and communicative home. The National Institute of Mental Health (USA) defines childhood trauma as the experience of an emotionally upsetting or unpleasant incident by a kid, which frequently has long-lasting impacts on the child's mental and physical health. By the time they are sixteen years old, almost two-thirds of youngsters in community surveys say they have been through a traumatic event. An important study conducted in 2016 found a connection between attachment types and early trauma. Furthermore, the study's findings demonstrated a strong and unfavorable correlation between secure attachment type and maltreatment throughout childhood. Moreover, the outcomes concentrated on forecasting the attachment patterns of a person who has experienced a traumatic incident. According to the findings, individuals with comparatively high levels of childhood trauma express insecure attachment patterns, which include scared, preoccupied, and dismissive attachment styles (Erozkan, 2016). The purpose of the study was to comprehend how adult attachment types and childhood trauma interact. The Connor-Davidson Resilience Scale (CD-RISC), the Relationship Questionnaire (RQ), and the Childhood Trauma Questionnaire (CTQ) were the three instruments used for this. The findings showed that there was a strong negative link between attachment types and childhood trauma, as well as a significant correlation between the two variables.

Materials and Methods: The samples of individuals were chosen from the sub-continent of India, the individuals resided in various states of India. The sample selected for this study was 120 individuals ranging between the age groups of 18 to 25 years and were mainly male and female. The Childhood Trauma Questionnaire, Connor-Davidson Resilience Scale (CD-RISC) and the relationship questionnaire (RQ) were used.

Results: This research aims at understanding the relation between childhood trauma and attachment styles. The data obtained showcased that most individuals with childhood trauma adopted an anxious attachment style, with a high dependent sub-scale, while other developed an avoidant attachment style. A very small percentage also developed a secure attachment style.

Conclusion: The study aimed to understand the Childhood trauma, resilience and attachment styles among young adults. The result indicated a significant correlation between the three variables of study as well as having childhood trauma negatively predicts attachment styles. In addition to this, a significant correlation was found between the three variables. However, not all individuals depicted an anxious attachment style, some also developed an avoidant attachment style. The data obtained showcased that most individuals with childhood trauma adopted an anxious attachment style, with a high dependent sub-scale, while others developed an avoidant attachment style. A very small percentage (20%) also developed a secure attachment style.

Keywords: Childhood trauma attachment style adult's mental health

Introduction

Objectives

- To assess the relationship between childhood trauma and attachment styles.
- To assess the impact childhood trauma has on an adult's attachment style.

Hypothesis

- Childhood trauma does have an impact on an adult's attachment style.
- There will be a significant relationship between childhood trauma and attachment styles.

Methods

Participants: In this study, the individuals were chosen from Lucknow, Uttar Pradesh. A total of 120 individuals ranging between the age group of 18 years to 25 years. The sample consisted of both male and female respondents.

Tools

Following tools were applied for this research

Information schedule: Questions about the subject's age, sex, education were included in this sheet.

CTQ: A popular self-reporting instrument called the Childhood Trauma Questionnaire (CTQ) is used to evaluate childhood trauma in a number of categories. In 1998, Bernstein and Fink created it. There are 28 items in the questionnaire, and each one addresses a distinct form of childhood maltreatment, such as emotional, physical, sexual, or neglectful neglect. On a five-point Likert scale, respondents assess how frequently each event occurs.

Connor-Davidson Resilience Scale: A self-reporting tool called the Connor-Davidson Resilience Scale (CD-RISC) is used to assess people's resilience. In 2003, Kathryn M. Connor and Jonathan R. T. Davidson created it. The term resilience describes a person's capacity to overcome hardship and recover from trying circumstances. The 25 questions that make up the CD-RISC evaluate a range of resilience-related skills, including perspective-keeping, mood regulation, and change adaptation. Using a Likert scale, respondents indicate how much they agree with each statement.

The relationship questionnaire: Bernard Murstein created the Relationship Questionnaire (RQ) in 1970 as a means of evaluating people's opinions on their relationships with others. It consists of a set of inquiries intended to assess many facets of a relationship, including communication, compatibility, and satisfaction. It offers insightful

information about how people see and feel about their interpersonal relationships.

Procedure

The researcher collected data from 120 individuals. After obtaining consent from the participants, the researcher distributed the questionnaires among the sample and collected data for their research. Clear instructions were provided to the participants, ensuring they understood how to complete the questionnaires. Demographic information, such as name and age, was collected from respondents.

Statistical Analysis

A correlational research design was prepared, where data was analysed using Pearson's Product moment of correlation and regression.

Results and Discussion

This research aims at understanding the relationship between childhood trauma and attachment styles. The data obtained showcased that most individuals with childhood trauma adopted an anxious attachment style, with a high dependent sub-scale, while others developed an avoidant attachment style. A very small percentage also developed a secure attachment style. The sample of 120 individuals were chosen from Lucknow, Uttar Pradesh consisted of 45 females and 75 males. According to table no. 2 childhood trauma negatively predicted attachment styles, therefore having an impact on the variable, thus accepting the first hypothesis. According to Table no. 1, a significant correlation is present between both variables, that is childhood trauma did depict an attachment style among individuals. Most individuals from the sample displayed an insecure attachment style. An insecure attachment style includes - an anxious attachment style, a preoccupied attachment style, a fearful attachment style, and an avoidant attachment style.

Using the IBM SPSS Statistics 2.0 tool, the correlation and regression analysis between the two variables was deduced.

Table 1: Correlation between childhood trauma and attachment style

Childhood Trauma		Attachment Style	
Childhood Trauma	Pearson Correlation	1	-.471**
	Sig. (2-tailed)		.000
	N	103	103
Attachment Style	Pearson Correlation	-.471**	1
	Sig. (2-tailed)	.000	
	N	103	104

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

From the above table, we can see that there is a significant correlation between Childhood Trauma and Attachment Style, at the 0.01 level of significance.

Table 2: Model summary of the regression analysis

R	R Square	Adjusted R Square	Std. The error in the Estimate
.471 ^a	.222	.214	7.325

Predictors: (Constant), Childhood Trauma Dependent Variable, Attachment Style

R-Square is the coefficient of determination. It is the proportion of variance in the dependent variable (Attachment style) which can be predicted from the

independent variables (Childhood trauma). This value indicates that 22.2% of the variance in attachment styles can be predicted from the variable – childhood trauma.

Table 3: Model summary of the regression analysis

Variable	B	β	Standard Error
Constant	44.863***		2.649
Childhood Trauma	-.241	-.471	0.045
R ²	.222		

Table No. 4 depicts the impact of childhood trauma on attachment styles. The R^2 value of .222 reveals that the predictor variable explained 22.2% of the variance in the outcome variable with $F = 28.796$. $p < .001$. The table thus reveals that childhood trauma negatively predicted attachment style.

Limitation

The limitations of the study were that the research was conducted on a small population of 120 people in the ever-growing sub-continent of India, and therefore, the result cannot be used as a generalized result for a bigger sample. Furthermore, It was difficult to find participants to fill in the questionnaires as they were victims of childhood abuse and it can induce feelings of embarrassment in some people.

Financial Support and sponsorship

There was no financial assistance given to the scholar because this work (Dissertation) was completed as coursework for a half master's degree.

Acknowledgment

I want to sincerely thank the pro-vice-chancellor of Amity University Uttar Pradesh, Lucknow, and the head of AIBAS for giving us the space and resources to carry out this research.

References

1. Akbay SE. Attachment styles, abuse experiences and depression. *Educational research and reviews*. 2013;8(17):1604-1612.
2. Berry K, Fleming P, Wong S, Bucci S. Associations between trauma, dissociation, adult attachment and proneness to hallucinations. *Behavioural and Cognitive Psychotherapy*. 2018;46(3):292-301.
3. Cantón-Cortés D, Cortés MR, Cantón J. Child sexual abuse, attachment style, and depression: The role of the characteristics of abuse. *Journal of interpersonal violence*. 2015;30(3):420-436.
4. De Bellis MD, Zisk A. The biological effects of childhood trauma. *Child and adolescent psychiatric clinics of North America*. 2014;23(2):185-187. DOI:10.1016/j.chc.2014.01.002.
5. Erozkan A. The Link between Types of Attachment and Childhood Trauma. *Universal journal of educational research*. 2016;4(5):1071-1079.
6. Finzi-Dottan R, Harel G. Parents 'potential for child abuse: An intergenerational perspective. *Journal of family violence*. 2014;29(4):397-408.
7. Greenberg R. SAMHSA Child Mental Health Event Promotes Trauma-Informed Approach. *Psychiatric News*, 2018, 53(12). DOI:10.1176/appi.pn.2018.6b17.
8. Işık M, Kirli U. The mediating effect of attachment insecurity on circadian consequences of childhood trauma. *Chronobiology International*; c2022. p. 01-12. DOI:10.1080/07420528.2022.2050385.
9. Kong SS, Kang DR, Oh MJ, Kim NH. Attachment insecurity as a mediator of the relationship between childhood trauma and adult dissociation. *Journal of Trauma & Dissociation*. 2018;19(2):214-231.
10. Kunst J. The 4 Primary Attachment Styles. Amethyst Recovery Center. Published November 24, 2020. Accessed April 26, 2024. <https://www.amethystrecovery.org/the-4-primary-attachment-styles/>.
11. Moussa S, Touzani M. The moderating role of attachment styles in emotional bonding with service providers. *Journal of Consumer Behaviour*. 2016;16(2):145-160. DOI:10.1002/cb.1605.
12. Musetti A, Grazia V, Manari T, Terrone G, Corsano P. Linking childhood emotional neglect to adolescents 'parent-related loneliness: Self-other differentiation and emotional detachment from parents as mediators. *Child Abuse & Neglect*. 2021;122:105338. DOI:10.1016/j.chiabu.2021.105338
13. Norman RE. The Long-Term Health Consequences of Child Physical Abuse, Emotional Abuse, and Neglect: A Systematic Review and Meta-Analysis. *PLOS Medicine*. Published Nov 27, 2012. <https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.10.01349>.
14. Peng W, Liu Z, Liu Q, Chu J, Zheng K, Wang J, *et al*. Insecure attachment and maladaptive emotion regulation mediating the relationship between childhood trauma and borderline personality features. *Depression and Anxiety*. 2020;38(1):28-39. DOI:10.1002/da.23082
15. Smith PN, Gamble SA, Cort NA, Ward EA, Conwell Y, Talbot NL. The relationships of attachment style and social maladjustment to death ideation in depressed women with a history of childhood sexual abuse. *Journal of Clinical Psychology*. 2011;68(1):78-87. DOI:10.1002/jclp.20852.
16. Tasca GA, Ritchie K, Zachariades F, Proulx G, Trinneer A, Balfour L, *et al*. Attachment insecurity mediates the relationship between childhood trauma and eating disorder psychopathology in a clinical sample: A structural equation model. *Child Abuse & Neglect*. 2013;37(11):926-933. DOI:10.1016/j.chiabu.2013.03.004.
17. Unger JAM, De Luca RV. The relationship between childhood physical abuse and adult attachment styles. *Journal of family violence*. 2014;29(3):223-234.
18. Van Dam DS, Korver-Nieberg N, Velthorst E, Meijer CJ, De Haan L. Childhood maltreatment, adult attachment and psychotic symptomatology: A study in patients, siblings and controls. *Social psychiatry and psychiatric epidemiology*. 2014;49(11):1759-1767.
19. Williams B, Ospina JP, Jalilianhasanpour R, Fricchione GL, Perez DL. Fearful Attachment Linked to Childhood Abuse, Alexithymia, and Depression in Motor Functional Neurological Disorders. *The Journal of Neuropsychiatry and Clinical Neurosciences*. 2019;31(1):65-69.