

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

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Impact of childhood trauma on resilience and attachment style in adulthood

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

Abstract

According to the surveys, almost two thirds of kids said they had gone through a traumatic incident by the time they were sixteen. An important study found a connection between attachment types and early trauma. The study's findings also demonstrated a clear connection between secure attachment style and childhood maltreatment. According to the findings, those who experienced a lot of trauma as children display insecure attachment behaviors, like dismissive and preoccupied attachment styles (Erozkan, 2016). The results demonstrated that childhood trauma had a major impact on resilience in maturity and that traumatic events had no effect on attachment style in adults.

Keywords: Childhood trauma, attachment styles

Introduction

Materials and Methods

The individuals were chosen from Lucknow, Uttar Pradesh. The study was done on 120 individuals ranging between the age group of 18 to 25 and the sample consisted of both male and female respondents. The Childhood Trauma Questionnaire, Connor-Davidson Resilience Scale (CD-RISC) and The relationship questionnaire (RQ) were used.

Objectives

To assess childhood trauma, resilience and attachment style in adults.

To assess the relationship between childhood trauma and attachment styles.

To assess the impact childhood trauma has on an adult's attachment style and resilience.

Hypothesis

There will be a significant positive relationship between Childhood trauma and resilience.

There will be no significant impact between trauma and attachment style.

There will be no significant impact of Childhood trauma on Resilience in adulthood.

There will be a significant impact of Childhood trauma on Resilience and attachment styles in adulthood.

Results

The descriptive statistic measured the three variables and the mean of childhood trauma was 2.073 that means unfavorable childhood experiences were reported by individuals on an average with a standard deviation of 0.378 and participants had a moderate level of emotional awareness and management as indicated by an average Resilience in adulthood score of 3.49 with a standard deviation of 0.907 and the attachment style was moderate with an average score of 89.58 and a standard deviation of 9.29. The interpretation also suggests that childhood trauma has a significant impact on resilience in adulthood and also found that there is no significant impact of childhood trauma on attachment style in adulthood. And there is a significant correlation between childhood trauma and attachment style at the 0.01 level of significance. This research aims to understand the impact childhood trauma has on resilience and attachment styles in adulthood. It seeks to provide light on the ways in which early adversity affects emotional awareness, empathy, interpersonal skills, and existential meaning-making by using questionnaire survey analysis. In addition, it delves into the consequences for intervention, resilience-building, and holistic healing methods that respect the interdependence of mental and emotional health.

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Conclusion: The childhood trauma, Resilience and Attachment style in adulthood is to be subjected to in-depth investigation. The study seeks to illuminate the intricate ways in which early childhood experiences influences psychological development by studying the impact of Childhood trauma on resilience and Attachment style. Studies look at what it's like to be an adult and how that affects mental health, though they do so in different ways. The current study looks at how bad events in childhood affect resilience and Attachment style. (Tekin and Halil's study from 2022) looks at the links among Attachment style, well-being, and the way adults feel about violence. The study adds to the existing literature on how early life events impact later life and mental health and associated variables of individuals.

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. Sample was selected using purposive sampling technique. Demographic information, such as name, age, gender, qualification 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

Table 1: Descriptive statistics of all variables

	Childhood trauma	Resilience in adulthood	Attachment style
Mean	2.073	3.49	89.58667
Standard Deviation	0.378	0.907	9.293995
N	120	120	120

The above table shows the descriptive statistics for three variables: Resilience in adulthood, Attachment style, and Childhood trauma. The unfavorable childhood experiences were reported by individuals on average, with a standard deviation of 0.378, suggesting that there was some change in the sample when it came to childhood trauma. Participants had a moderate level of emotional awareness

and management, as indicated by an average Resilience in adulthood score of 3.49 with a standard deviation of 0.907. Similarly, the sample's Attachment style was moderate, with an average score of 89.58 and a standard deviation of 9.29. These statistics are great for understanding the variables' distribution and variability, which helps to set the stage for studying their interactions with each other.

Table 2: 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 3: Impact of Childhood trauma on Resilience in adulthood.

Regression Statistics	
Multiple R	0.0377
R Square	0.00142185
Adjusted R Square	0.007040
Standard Error	0.3797
Observations	120

Table 4: Impact of Childhood trauma on Attachment style in adulthood.

Regression Statistics	
Multiple R	0.015319
R Square	0.000234
Adjusted R Square	-0.008237
Standard Error	0.379949
Observations	120

The regression coefficient has a p-value of 0.8681, which is far more than the standard threshold of 0.05, indicating statistical significance. The lack of statistical significance in the coefficient for Childhood trauma suggests that these events do not significantly affect Attachment style in adulthood.

Limitation

The limitations of the study were that the research was conducted on a small sample and therefore, the result cannot be used as a generalized result for a bigger sample. Furthermore, Gender differences also need to be researched as gender is proven to have significant effect on the way trauma is perceived and lived and difference in the behavioural outcomes.

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.

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