



Effects of Childhood Trauma on Young Adult Emotional Regulation

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Abstract: This study investigates the relationship between childhood trauma and emotional regulation among young adults. Utilizing a quantitative correlational design, the research examined how various adverse childhood experiences (ACEs)—including emotional, physical, and sexual abuse, as well as neglect—predict the ability to manage emotions in adulthood. The sample consisted of 150 adults aged 18 to 25, primarily university students, selected through convenience sampling. Data was collected via online surveys using two standardized instruments, i) Childhood Trauma Questionnaire (CTQ): To measure the frequency and type of past traumatic experiences, ii) Emotion Regulation Questionnaire (ERQ): To evaluate emotional control mechanisms, specifically cognitive reappraisal and expressive suppression. Statistical analysis was conducted using Spearman's rank-order correlation due to the non-normal distribution of the trauma data. The results revealed no statistically significant relationship between childhood trauma and emotional regulation ($r = .017$, $p = .839$). These findings diverge from traditional linear models that assume trauma uniformly impairs emotional regulation. The study suggests that childhood trauma may not directly predict emotional regulation difficulties in young adulthood, highlighting the potential role of mediating factors such as resilience, social support, and adaptive coping strategies. The findings underscore the importance of trauma-informed interventions that focus on cultivating holistic well-being and resilience rather than mere symptom reduction. Future research is recommended to utilize longitudinal designs and more diverse samples to further explore these complex interactions.

Keywords: *Childhood Trauma, Emotional Regulation, Young Adults*

1. Introduction

During the most important formative phase of life, the childhood stories we hear, and experience shape our mental, emotional and social development. Children learn to solve problems on their own if they're given the tools. On the contrary, exposure to adverse childhood experiences (ACEs) can impair the brain's normal neurological functioning in a child, thus causing brain damage. Such occurrences may be abuse, negligence, or problems in the house (Felitti et al., 1998). When the brain and the mind undergo development stages, if a childhood traumatic incident occurs, it doesn't affect the individual. Such trauma that occurs during the development stage is cumulative in nature and has a negative effect on the child. Moreover, such events disrupt the attachment and cause a rewiring of the neurological pathways.

In addition to shaping how we interact, emotional regulation is crucial for maintaining good mental health (Gross, 1998). As young adults, we face the challenges of college, work, and personal relationships while becoming more self-reliant. To succeed, we need strong emotional control. Unfortunately, individuals who have faced trauma often find this difficult. They often have strong emotional reactions and have trouble controlling their emotions or finding appropriate ways to deal with stress (Cloitre et al., 2009). This may make it tougher for them to cope with tough situations. It is important for teenagers to apprehend the significance of handling their feelings. Doing so allows them stay calm at some point of hard instances and allows them to reply accurately rather than reacting on impulse. People who struggle with emotional manage can also sense beaten via sturdy emotions, that may hinder their decision-making and result in harmful movements, particularly when making difficult choices or addressing conflicts in college or romantic relationships. Consequently, for all people seeking success in these regions, gaining knowledge of to manipulate emotions can be treasured now and in the destiny. It makes hard choices easier and facilitates keep away from terrible effects whilst fostering healthier connections with oneself and others all through lifestyle's journey.

Historical Development of Theories

The comprehension of childhood trauma and its effects on emotional regulation have evolved considerably over time.

Early Psychoanalytic Perspectives Freud's seminal 1896 study, which was later updated in 1962, stressed how important it is to treat children correctly to save them from developing neurosis. In the end, though, he changed his thinking and began to investigate into unconscious tensions as well. Anna Freud made psychoanalysis better by talking about how vital it is for

youngsters, based on what her father said and saw. She talked about how teens and young adults defend themselves and deal with trauma.

Attachment Theory: Bowlby (1969/1982) said that caregivers and babies need to have safe connections to learn how to control their emotions. Trauma makes these interactions harder, which leads to insecure or disorganized attachment styles. Ainsworth et al. (1978) examined the phenomenon of disordered attachment in children exposed to trauma, which is associated with inadequate emotional control.

Behaviorist and Cognitive-Behavioral Approaches: Behaviorists such as Watson (1928) and Skinner (1953) focused on observable behaviors as primary indications of emotional responses. They proposed that trauma significantly influences the development of unpleasant emotions via conditioning methods. Beck (1976) also observed that trauma disrupts logical cognitive processes, impairing an individual's capacity to regulate their emotions successfully.

Neurodevelopmental and Biological Models: Neurodevelopmental and Biological Models: Neuroscientific research indicates that trauma profoundly impacts the amygdala, hippocampus, and prefrontal cortex (Teicher et al., 2003). The persistent stress burden influences the hypothalamic-pituitary-adrenal (HPA) axis, leading to intensified emotional responses or total emotional disconnection (McEwen, 2000). People know that traumatic events can modify the structure of our brains for a long time. This study shows how these occurrences can change important areas of the brain that control our feelings. The amygdala, which is known as "the fear center" of the brain, is very important for processing emotional stimuli. So, it's not surprising that people who have been through a lot of traumas may have trouble with anxiety and panic reactions that are triggered by things that seem neutral. Chronic stress also messes damage the hippocampus, which is another important part of the brain. This area is in charge of making and strengthening memories, and it gets worse when someone is in distress for a long time. One of the most important findings has to do with alterations in the HPA axis when people are under a lot of stress for a long time. Too much stimulation might make you feel hyper aroused, which can make you feel overwhelmed. On the other hand, too much suppression can make you feel numb emotionally. Knowing how different kinds of problems affect our brains can help us feel sorry for those who are having mental health problems because of things that happened to them in the past.

Emotion Regulation Models: Gross (1998) came up with the system model of emotion regulation, which focuses on methods like reappraisal and suppression. People who have been through trauma often use inefficient methods to deal with their feelings, such as avoidance and

repression (Aldao et al., 2010). These strategies can make emotional problems that are already existing worse. To understand how people act, you need to know how to manage your emotions. Gross (1998) defined it as involving cognitive and behavioral mechanisms employed to manage emotions. One method to modify how we feel about something is to change how we think about it. Another approach to do this is to suppress feelings, which means to hold them inside on purpose without dealing with the subject at hand. This may help people who have been through trauma feel better for a short period, but they often use harmful ways to deal with their feelings, such as avoiding them or pushing them down. These coping mechanisms may seem helpful at first but may end up hurting more in the long run. Aldao et al. (2010) observed that those who have gone through trauma are more prone to act this manner when they are feeling unpleasant. We should be able to discern when someone is having a hard time with their feelings due to something that happened in the past, and we shouldn't condemn them based on how they deal with it. It may be tempting to ignore or push down your sentiments, but this usually makes matters worse. It's better to offer support, care, and encouragement for healthier ways to deal with sadness, including going to therapy and keeping lines of communication open so that people feel heard, than to shut down emotionally. When someone else tells you what feels right, you don't really heal. You heal when each person listens carefully and discovers their own answers that go beyond words. We need to make place for this inner understanding to help us feel better since the heart understands what it needs to heal.

Polyvagal Theory: Porges (2011) asserts that the autonomic nervous system plays a vital role in responding to trauma. Trauma can damage the ventral vagal complex, which is in charge of keeping calm and interacting with others. People are locked in either a heightened state of fight or flight or a numbing shutdown. Porges stressed that when we go through traumatic circumstances, our bodies react as if we are in immediate danger. This makes us very alert and ready to fight or run away from any threat we think we see. But this strong mood might also cause hypo arousal. When the brain sees no way out of danger, it may shut down totally to defend itself from the strong feelings and sensations that trauma can cause. Because of this, people who have been through a lot of traumas may feel emotionally stuck and cut off from reality. People who have been through trauma are always fighting between responding with great vigilance and underreacting with numbness. They may feel stuck between these two competing states and have trouble controlling how they behave.

Resilience and high-quality Psychology: Trauma is problematic, and modern-day perspectives acknowledge that not all survivors experience equal tiers of emotional dysregulation. Certain shielding traits, including supportive connections, suitable coping

mechanisms, and sturdy cultural beliefs, can notably facilitate rehabilitation (Masten, 2014). To absolutely flourish in psychology whilst working with trauma sufferers, it's miles essential to cognizance on put up-stressful growth. This approach posits that cures ought to amplify beyond mere symptom alleviation; they must additionally domesticate mechanisms for emotional manage and holistic well-being (Tedeschi & Calhoun, 2004). To clearly heal, you need to do extra than simply address horrific emotions; you furthermore may need to construct resilience. Human beings who've been through trauma want robust assist systems. These connections are critical for submit-stressful increase, whether they be circle of relatives or friends who concentrate without judging or experts who are qualified to assist individuals who are having hassle with their mental health. Additionally, having desirable approaches to address strain allows human beings to deal with the difficult thoughts and feelings that come up after a stressful event. These kinds of methods should include such things as mindfulness practices that will help you relax or doing belongings you experience outdoor of work. a person recovers from trauma, it's critical to comprehend that anybody comes from a special culture. Humans can locate energy for the duration of hard times through sticking to their very own views which can be connected to precise social norms. That is applying what you've got learnt from beyond issues to help you pass forward. Accepting where you come back from allows people get along, that is beneficial for now and for the destiny. In short, it's critical to realize how widespread protective elements are and to put in location packages that help human beings manipulate their feelings with a view to develop after a traumatic occasion. Focusing on these things can help humans heal and cope with trauma whilst also helping them thrive after it. Cross-Cultural Perspectives

1.1 Cross Cultural Perspective

Trauma is probably a regular experience, but cultural conventions significantly form the expression and control of emotions. Human beings in collectivist settings usually try to conceal their emotions and maintain the group collectively. Individualist societies, however, fee independence and unfastened expression (Mesquita & Walker, 2003). Pass-cultural research suggest that guide treatments must do not forget these cultural variables to effectively assist those who've experienced trauma. Additionally, community-primarily based solutions tend to function higher in cultures outdoor of the West than traditional techniques (Patel et al., 2018). This suggests how important it's miles to realize and recognize one-of-a-kind emotional customs at the same time as interacting with humans from extraordinary origins. Practitioners should well know the effect of subculture on emotional law and coping techniques following trauma. We will make healing locations which can be greater welcoming to people from all

cultures by way of changing how we do things and employing network-primarily based techniques as opposed to just Western ones. What this means for policy extra and extra, politicians are aware of how trauma and poisonous pressure can hurt each bodily and intellectual fitness. To address this problem, there was a transition closer to the implementation of trauma-informed treatment efforts emphasizing prevention, early intervention, and community engagement, as recommended with the aid of the Substance Abuse and mental fitness services management (SAMHSA) in 2014. However, it is not simply evolved nations like India that want to make those efforts a concern. Developing international locations also want to address structural inequities, high prices of poverty, and home violence, that could make formative years trauma worse (Kumar, 2019). Colleges, authorities' policy, and network health initiatives all need to apply a trauma-informed technique. This approach can assist reduce the lengthy-term impact of disturbing events. It is familiar with how past traumas influence how a person acts now and gives assist in place of judgment. It takes into account their specific occasions, preceding difficulties, and feasible triggers. we are able to better lessen bad consequences linked to unresolved trauma by means of that specialize in prevention via training, early interventions like remedy or counseling, and getting everybody concerned—instructors, social employees, and family members. Not simplest does this enhance standard fitness; however, it additionally allows people learn how to address stress, speak higher, be greater resilient, be extra aware of themselves, and manage themselves, all of which might be essential existence competencies. Adding "trauma-knowledgeable" strategies to colleges, schools, and network offerings can help everybody. Via acting on troubles that exist already, colleges and other establishments can turn out to be more secure places in which youngsters and teens feel secure and supported. The purpose must be to make gaining knowledge of environments greater welcoming through having personnel participants do self-reflection, re-evaluation, and sensitivity schooling. This could assist specialists who realize distinctive cultural backgrounds. This manner, they can better understand how things paintings within the study room and make any required modifications. network health packages ought to welcome range and create areas for conversations about intellectual health, trauma, and wholesome ways to cope with pressure.

2. Review of Literature

Downey and Crummy (2022) this text appears on the impact of early life trauma on kid's health and person behavior from the perspective of 9 medical professionals in Ireland. It exhibits how physical, sexual and emotional abuse disrupts one's existence through analyzing

coping techniques and behaviors adopted by means of formative years trauma victims following adversity exposure. Dye (2018) pursues the prolonged-term impact of early youth trauma, emphasizing the vast neurological, physiological, and intellectual outcomes of intricate pain. The element highlighted that youth trauma can produce neurobiological adjustments that modify brain feature and improvement, foremost to deficits in cognitive, emotional, and physical functioning. Empirical evidence indicates that these effects regularly persist into adulthood, contributing to mental health demanding situations, bodily health problems, substance abuse, incarceration, and co-going on psychiatric issues. Dye in addition underlined the consequences of figuring out guarding factors, encouraged plasticity, and execute experimentally supported involvement to mitigate the unfavorable effects of pain treatment techniques to address the pervasive and long-lasting effects of early life trauma.

Fan and Kang (2025) conducted a scientific study and meta-analysis to examine the long-term impact of early childhood trauma on cognitive and emotional development. The authors synthesized proof from multiple databases, consisting of PubMed, the Cochrane Library, and Google scholar, in the long run consisting of 9 studies centered on low-profits populations within the USA. Their findings indicated that youngster's trauma is related to full-size impairments all through several cognitive domain names, including processing tempo, attention, operating reminiscence, and executive functioning, as well as difficulties in emotion regulation. The usage of standardized best assessment equipment and random-consequences meta-assessment, the check furnished sturdy proof that early traumatic reports have continual horrific consequences on each cognitive and emotional outcome. These outcomes emphasize the importance of early intervention and trauma-knowledgeable public health techniques to lessen lengthy-term developmental effects.

Gibb et al. (2010) established a robust affiliation among youth trauma and melancholy; but the underlying causal mechanisms of this relationship remain insufficiently explored. Proof suggests that emotion regulation competencies broaden early in existence and that publicity to early life trauma may additionally cause the adoption of maladaptive emotion law techniques (Hébert et al., 2018). Such maladaptive strategies are thought to play a crucial role inside the onset and renovation of depressive symptoms (Berking & Wupperman, 2012). Several studies have examined the mediating position of emotion law within the dating among adolescence trauma and despair, with unique emphasis on maladaptive emotion law strategies (Hopfinger et al., 2016; Huh et al., 2017). However, those findings, there remains a loss of clarity concerning how adaptive emotion law techniques and specific sorts of law techniques differentially affect this dating. This hole highlights the want for further studies to disentangle

the super roles of adaptive and maladaptive emotion law strategies in trauma related depression.

Jordan et al. (2006) conceptualized wide variety feel in young youngsters because the potential to subitize small portions, recognize numerical patterns, evaluate numerical magnitudes, estimate portions, remember, and carry out simple wide variety transformations. Research has continually demonstrated that early variety feel is a sturdy predictor of later arithmetic success. Specifically, quantity sense assessed using the wide variety feel brief Screener (NSB; Jordan et al., 2008) has been proven to be expecting arithmetic outcomes at the stop of first and 0.33 grades (Jordan et al., 2010). these findings align with preceding research indicating that problems in counting, understanding number relationships, and performing primary operations form the inspiration of most mathematics gaining knowledge of problems (Gersten et al., 2005; Geary et al., 2007; Landerl et al., 2004). Building on this frame of research, the existing look at aimed to adapt the NSB for the Portuguese population to perceive early mathematics mastering problems, look at its predictive validity at the end of first grade, and longitudinally tune mathematics getting to know trajectories across first and second grades. quantity sense was assessed in a sample of 860 Portuguese public faculty children at kindergarten finishing touch and the start of first grade ($M = 6.43$ years). preliminary findings imply that decrease-appearing first-grade students exhibited weaknesses in counting techniques, number comparisons, and verbal problem solving. even though statistics series is ongoing, the effects advocate that early screening of number sense is powerful in identifying kids at danger for later mathematics problems, thereby helping and increasing previous findings by way of Jordan et al. (2006, 2007, 2008).

Ketonen and Lonka (2012) investigated the relationships amongst situational educational feelings, self-look at time, and gaining knowledge of consequences in a lecture-primarily based path. The examine involved 107 Finnish first-yr instructor training college students enrolled in a scholar-activating academic psychology direction. The findings indicated that hobby and exhaustion have been positively associated with path grades, whereas tension confirmed a poor courting with instructional overall performance. Together, these situational academic feelings accounted for 29% of the variance in direction grades and persisted to expect considerable consequences even after controlling for self-stated self-observe time. Moreover, mediation analysis revealed that hobby mediated the connection among self-study time and getting to know outcomes, suggesting that scholars' emotional engagement performs an essential role in transforming study attempt into instructional fulfillment.

Korotaeva (2013) tested the effects of take a look at-oriented instructional reforms in Russia, wherein scholar look at consequences are more used to evaluate school and trainer effectiveness. The have a look at highlighted that such reforms inspire teachers to focus on drilling students for proper solutions instead of selling meaningful engagement with content material. Korotaeva investigated the spontaneous use of metacognitive analyzing comprehension techniques among college students majoring in training. The findings discovered that most effective 7% of schooling majors tried to establish logical connections between textual content fragments all through multiple-desire assessments, reflecting confined use of metacognitive strategies. Those consequences had been compared with records from the Nineteen Nineties, demonstrating a decline in students' capacity to appoint better-order cognitive approaches in reading comprehension. The have a look at shows that an overemphasis on trying out can also negatively affect the improvement of essential and metacognitive capabilities in destiny educators.

Marusak et al. (2015) investigated how adolescence trauma exposure impacts the automatic regulation of emotional processing in young people. Early-life trauma is recognized as one of the most powerful predictors of later emotional psychopathology, yet it remains doubtful whether neural and behavioral modifications which could result in illness are already obtrusive throughout development. In their examine, 14 trauma-uncovered youngsters and youngsters had been as compared with 16 matched friends whilst undergoing functional MRI throughout an emotional conflict challenge. The task required participants to categorize facial influence even as ignoring conflicting emotion phrases. results found out that trauma-exposed young people confirmed impaired regulation of emotional war, failing to hose down dorsolateral prefrontal cortex activity and to interact amygdala–pregenual cingulate inhibitory circuitry. They also exhibited heightened amygdala reactivity to emotional warfare, which changed into connected to reduced trait reward sensitivity. These findings suggest that trauma-associated deficits in computerized emotional law and extended sensitivity to emotional war may underlie vulnerability to psychopathology for the duration of early life.

Messman-Moore and Bhuptani (2017) reviewed the relationship among infant maltreatment and posttraumatic pressure disorder (PTSD) in adults, with a selected attention at the characteristic of emotion dysregulation. Their evaluation highlighted that adults who skilled formative years maltreatment report excessive fees of PTSD, with results being especially suggested for sexual and emotional abuse, abuse taking place along different bad youth reports, and cumulative kinds of maltreatment. The authors emphasized that emotion dysregulation serves as an essential problem linking little one maltreatment to PTSD and its

comorbidities, which encompass substance use issues, consuming disorders, and borderline man or woman disorder. Treatment tips mentioned within the compare focused on addressing emotion law problems to enhance outcomes for adults with maltreatment-associated PTSD and associated comorbid situations. The look at underscores the significance of targeting emotion dysregulation in both assessment and involvement for people with a fact of untimely suffering.

Perveen and Hua (2021), the primary goal of this study is to investigate how childhood trauma can predict adult emotional regulation in Malaysia. The study included types of childhood trauma such as emotional abuse, physical abuse, sexual abuse, emotional neglect and physical neglect. The two types of emotional regulation are cognitive reappraisal and expressive suppression. The researchers used a cross-sectional design to conduct the study via an online survey, which included an instrument measuring childhood trauma and an instrument measuring emotional regulation. The survey was distributed through social media. The sample consisted of 390 people (Males = 207, Females = 183), ranging in age from 21 - 40. The researchers found that childhood trauma significantly predicted emotional regulation ($p < 0.005$) among adults in Malaysia. Each form of childhood trauma was significantly related to emotion dysregulation that may lead to the future development of psychopathology. This study demonstrated that childhood trauma has an impact on emotional regulation and the ability to cope with stress. The findings will be useful for practitioners and clinicians to better comprehend childhood trauma and emotional regulation.

Stanton et al. (2020); McLaughlin et al. (2020) highlighted that youth disturbing experiences have a vast effect on mental development and increase the threat of psychiatric problems in adolescence and adulthood via affecting emotion processing and social facts processing. American Psychiatric affiliation (2013) defined youth trauma as publicity to or witnessing life-threatening activities, sexual violence, emotional abuse, and physical or emotional overlook during youth.

Secrist et al. (2019) investigated the predictors of nightmare distress and severity in young adults, specializing in the roles suffering records, tension, dissociation, vagal tone, and parental emotion processing. The look at covered 60 figure–infant dyads, with youngsters aged 6–eleven, and combined toddler-report and discern-statement measures along physiological tracking of heart price variability and vagal tone. Results indicated that trauma history, anxiety, dissociation, and baseline vagal tone collectively accounted for 39% of the variance in nightmare misery. Anxiety and dissociation emerged as sizable fine predictors, while parental processing of feelings become a weak predictor. The findings endorse that both mental and physiological elements contribute uniquely to trauma-associated distress in youngsters,

highlighting the significance of multi-element interventions focused on emotion law and physiological law to alleviate signs consisting of nightmares.

Silva (2012) analyzed information from a 2005 Spanish survey on instructional education related to the transition and integration into the tough paintings market, that specialize in variables related to social identity in a full-size feel. The examine examined the meanings attributed to artwork, occupational priorities, intention preference, future aspirations, and parental qualifications as key elements shaping vocational trajectories. Individual speech, according to Silva's socio-historical analysis, is not only non-public narratives but rather a reflection of larger social systems that emerge from interactions and conflicts among various social groupings. This article expands on previous research on the social and human capital associated with vocational education in Barcelona, drawing attention to the ways in which various socioeconomic classes contribute to diverse professional education cycles that in turn lead to varied forms of social reproduction. The findings emphasize the position of vocational schooling in reinforcing or tough existing social inequalities in the hard work marketplace.

Toth and Manly (2018) reviewed the developmental results of infant maltreatment via the lens of developmental psychopathology, emphasizing the essential characteristic of attachment in shaping children's developmental trajectories. The authors referred to that maltreatment is a heterogeneous experience that could negatively impact multiple domain names of child functioning, growing vulnerability to emotional, cognitive, and social issues. Intervention studies highlighted in the overview emphasizes relational techniques, demonstrating that assisting remarkable determine-toddler interactions can foster resilience and promote healthier developmental outcomes. Toth and Manly (n.d.) wrote baby-caregiver psychotherapy as a proof based, accessory-knowledgeable involvement that has been verified to improve consequences for maltreated children, pictorial how centered treatment can mitigate the poor results of untimely pain and assist elastic development.

2.1 Research Gap

The link between trauma and emotional misery is well-documented, several gaps continue to be:

- **Methodological Gaps:** Much research depend upon small, gender-biased samples (e.g., on the whole girls), restricting generalizability.
- **Inconsistent Findings:** There may be a lack of clarity regarding which adaptive vs. maladaptive strategies are most suffering from one-of-a-kind styles of trauma.

- **Want for Integration:** There may be a need for added research that integrates neurobiological findings with behavioral effects in various cultural contexts.

3. Methodology

3.1 Research Design

The modern-day have a look at used a quantitative correlational studies technique. This approach was used to inspect the correlation among childhood trauma and emotional regulation in adulthood. The research aimed to explain the relationship among childhood experiences and emotional regulation in adulthood, without changing any elements.

3.2 Participants

The pattern covered one hundred fifty adults. The individuals have been chosen by way of convenience sampling. The look at protected adults from numerous educational and social backgrounds. human beings can also choose whether to take part, and they needed to express their informed consent earlier than any records become amassed. The look at made positive that privateness and anonymity had been always respected.

3.3 Measures

Childhood Trauma Questionnaire (CTQ): The youth Trauma Questionnaire become used to find out how plenty trauma a baby had been via within the past. It's far a standardized self-file scale that measures many types of early life trauma, along with emotional abuse, bodily abuse, sexual abuse, emotional forget, and physical forget. people assessed their reports the usage of a scale just like Likert.

Questionnaire for Regulating Emotions Regulating (ERQ): The Emotion regulation Questionnaire turned into evolved to peer how efficaciously people should manipulate their emotions. This questionnaire evaluates emotional control mechanisms, which includes cognitive reappraisal and expressive suppression. Participants responded the questions primarily based on how they deal with their feelings in regular life.

3.4 Procedure

We got the information via an online poll. Before taking part, participants were told what the study was about and granted their full consent. They were promised that their replies would be kept secret and just used for academics. The questionnaires were handed out in a planned fashion. After we acquired the answers, we coded them and placed them into the Statistical Package for Social Sciences (SPSS) to look at.

3.5 Scoring and Data Analysis

The same approaches were used to verify the responses for both scales. Before the analysis, items that were rated in the improper sequence were fixed. We calculated the cumulative scores for childhood trauma and emotional regulation.

3.6 Hypothesis

Null Hypothesis (H_0): *There is no significant relationship between childhood trauma and emotional regulation among young adults.*

3.7 Variables

Independent Variable (IV): The independent variable in the study was childhood trauma. The Childhood Trauma Questionnaire was utilized for measurement. This variable refers to the adverse experiences individuals faced during childhood, including emotional, physical, and sexual abuse, as well as emotional and physical neglect.

Dependent Variable (DV): The dependent variable in the study was emotional control. We used the Emotion Regulation Questionnaire to find out how it was. Being able to control and manage your feelings in everyday settings is what emotional regulation is.

3.8 Sample and Sampling Technique

Sample Size

There were $N = 150$ people in the sample. The sample size was determined based on existing research and practical considerations to provide enough representation and appropriate statistical power for analysis.

Method of sampling

A convenience sampling method that does not use probability was used. This technique was selected because it made it simpler for the researcher to get in touch with the individuals they required in the present circumstance while keeping logistical problems to a minimum. Convenience sampling may not be suitable in all contexts, but it was acceptable for this research owing to its magnitude and breadth.

Inclusion Criteria

- People between the ages of 18 and 25.
- People who were at college or university when the data was gathered.

Exclusion Criteria

- People who don't fit the age range that was supplied.
- Participants with verified psychiatric problems or neurological anomalies that could hinder emotional regulation outcomes.

3.9 Tools and Instruments for Data Collection

Questionnaire for Emotion Regulation (ERQ) (John & Gross, 2003): The ERQ has 10 questions, and each one is assessed on a 7-point Likert-type scale from 1 (strongly disagree) to 7 (strongly agree). Higher scores indicate that participants used certain strategies to manage their emotions, such as reappraisal and self-soothing. The ERQ has shown that it is reliable (Cronbach's alpha = .82) and valid across a range of groups.

Childhood Trauma Questionnaire (CTQ) (Bernstein et al., 1994): The CTQ has 28 questions, and each one is graded on a 5-point Likert-type scale from 1 (never true) to 5 (very often true). Higher scores mean that someone has been through more childhood trauma in more areas (emotional abuse, physical abuse, sexual abuse, emotional neglect, and physical neglect). The CTQ has shown that it is quite reliable (Cronbach's alpha = .89) and valid in both clinical and non-clinical samples

3.10 Procedure of Data Collection

Before collecting data, approval was sought from the appropriate institutional authorities. Researchers went up to each participant in person and told them what the study was about. All participants gave their informed consent. Before giving out the questionnaires, clear instructions were given. Participants were told that their answers would be kept private and only used for schoolwork. The data collection process took two weeks to finish.

3.11 Ethical Considerations

The research followed the ethical standards that are already in place for studies with people.

- Everyone who took part gave their informed consent.
- People might choose to take part or not, and they could leave at any time.
- It was guaranteed that privacy and anonymity would be protected.
- No harm was done to the body or mind.

3.12 Methods for using statistics to look at data

SPSS (Version 26) was used to code and analyze the data we collected. The following statistical methods were used:

- Statistics that describe: Average, standard deviation, frequency, and proportion
- Used spearman's correlation to look at the links between childhood trauma and emotional regulation.
- The significance level was established at $p < .05$.

4. Results

The objective is to demonstrate the study's statistical findings. We did the analysis using SPSS (Version XX). For all tests, the significance level was set at $\alpha = .05$. Before doing any inferential analysis, we checked for normality, homogeneity of variance, linearity, independence of observations, and multicollinearity (if it applied). Along with test statistics, effect sizes and confidence intervals are also given.

4.1 Descriptive Statistics

Table1. Descriptive Statistics

	N	Mean	Std. Deviation
ERQ_TOTAL	150	48.2333	8.08048
CTQ_TOTAL	150	58.2067	14.00254

4.2 Assumption Testing

Normality

The Kolmogorov–Smirnov (Table 2) were used to check for normality.

Table 2. Tests of Normality

Kolmogorov–Smirnov

	Statistics	df	Sig.
CTQ	.101	150	.001
ERQ	0.62	150	.200

This is the lowest level of significance. A Lilliefors Significance Correction a Lilliefors Significance Correction

The results showed that ERQ scores were not very different from normal ($p > .05$), but CTQ values were very different ($p < .01$).

4.3 Inferential Analyses

Spearman's Correlation

Using the Kolmogorov-Smirnov, we made sure the variables were normal before we did the correlation analysis. Research showed that whereas ERQ scores followed a normal distribution ($p > .05$), CTQ values significantly deviated from normality ($p < .05$). One variable did not conform to the normalcy assumption; hence a non-parametric test was deemed more appropriate.

Therefore, we used Spearman's rank-order correlation to examine the link between traumatic experiences in infancy and the ability to regulate our emotions as adults ($N = 150$). A statistical analysis revealed no link between emotional regulation and traumatic experiences in childhood ($\rho = .017$, $p = .839$). What this means is that the present study did not find a significant association between emotional regulation scores and childhood trauma scores.

5. Discussions

This research investigated the association between childhood trauma and emotional control in adulthood by Spearman's rank-order correlation. There was no statistically significant relationship found between emotional regulation and childhood trauma ($\rho = .017$, $p = .839$). This suggests that changes in emotional regulation skills were not significantly related to differences in the amount of trauma experienced throughout childhood.

The weak positive correlation value indicates a weak relationship between the two variables. Still, there was no statistically significant link, so it's possible that the findings were just coincidental. The results of this study do not support the idea that there is a robust relationship between traumatic experiences in childhood and the ability to regulate one's emotions. This suggests that the pattern's capability to manipulate their emotions failed to alternate substantially primarily based on how terrible their formative years stories have been. The correlation fee changed into low and fine, which shows that the 2 variables were not virtually related. despite this, the relationship was no longer significant, because of this that the findings may additionally have happened by threat. consequently, this observe did not substantiate the belief of a robust correlation between adolescence trauma and emotional manipulate.

5.1 Interpretation of Findings

The absence of a good-sized courting shows that kid's trauma may not immediately are expecting emotional regulation problems in younger adulthood. One feasible rationalization is the position of mediating factors collectively with resilience, social assist, or coping techniques, which may also buffer the impact of trauma. A few other clarifications is that trauma consequences might also manifest otherwise across developmental levels, with some humans adapting greater efficaciously than others.

The findings contradict the idea that trauma uniformly impairs emotional law. This highlights the complexity of trauma results and shows that emotional regulation is stimulated via multiple interacting variables as opposed to trauma by using myself.

5.2 Connection with Existing Literature

Previous research (Cloitre et al., 2009; Van der Kolk, 2015) have emphasized the link amongst trauma and emotional dysregulation. The present day findings diverge from the ones, aligning alternatively with resilience-targeted perspectives (Masten, 2014; Tedeschi & Calhoun, 2004), which argue that now not all trauma survivors make bigger law problems. This have a look at contributes to the literature via suggesting that trauma consequences may be moderated by way of way of contextual and character factors, thereby complicating the direct relationship assumed in in advance artwork.

5.3 Theoretical Implications

The findings venture linear models of trauma effect and support multifactorial frameworks which incorporates resilience precept and polyvagal idea. at the same time as attachment principle predicts impaired law following disrupted bonds, the dearth of sizeable correlation right here shows that compensatory mechanisms also can mitigate those outcomes. This contributes to theoretical refinement by using the usage of emphasizing the importance of protecting elements in trauma effects.

5.4 Practical Implications

The outcomes underscore the need for trauma-knowledgeable interventions that move past symptom cut price to reinforce resilience and coping talents. In academic and clinical settings, practitioners must recollect that trauma information by myself might not decide emotional law potential. applications that foster social assist, mindfulness, and adaptive coping may be extra effective than trauma-targeted strategies alone.

5.5 Limitations of the Study

There are many issues that need to be mentioned:

- How consolation sampling makes it difficult to generalize.
- Using self-file measures may motive bias.
- The move-sectional design prevents conclusions approximately causality.

These obstacles may additionally have stimulated the findings and should be considered even as interpreting outcomes.

5.6 Recommendations for Future Research

Research should:

- Hire big and greater several samples inside the course of precise age companies and cultural contexts.
- Use longitudinal designs to tune trauma and law effects over time.

- Explore mediating and moderating variables which incorporates resilience, social useful resource, and coping techniques.

6. Conclusion

The studies aimed to research the link among adolescence trauma and emotional regulation. The findings reveal that trauma might not be the best factor influencing regulating outcomes. The look at complements information by way of emphasizing the importance of resilience and contextual elements, tough simple perspectives of the trauma effect. The examine emphasizes the need for trauma-informed methods that apprehend each child's vulnerabilities and resiliency.

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