

ISSN: 2584-0142

PSYCHOPEDIA
JOURNALSInternational Journal of
Interdisciplinary Approaches
in Psychology (IJIAP)**A Study on Childhood Trauma and Relationship Satisfaction among Young Adults**¹**Srishti Rai**, *Amity University Noida, Uttar Pradesh (U.P), India*srishti02rai@gmail.com²**Dr. Tamanna Saxena**, *Amity University Noida, Uttar Pradesh (U.P), India***Abstract**

Childhood trauma has been connected to long-term mental and emotional demanding situations, influencing interpersonal relationships in maturity. The study examined the relationship of early adverse childhood traumas on relationship satisfaction. A sample of 110 young adults (elderly 18-30) assessed the usage of the childhood trauma questionnaire and relationship satisfaction evaluation. The results indicated a considerable negative correlation ($r = -0.55$, $p < 0.001$) among childhood trauma and relationship satisfaction. The findings highlight the long-term effects of childhood trauma on relationship satisfaction, emphasizing the roles of emotional regulation, attachment patterns, and communication issues in influencing romantic relationships. These results suggest the need for trauma-informed therapeutic interventions to improve relationship satisfaction and emotional well-being in individuals with a history of childhood adversity. Additionally, preventive mental health programs in community settings could help mitigate the long-term effects of early adversity. Future research could explore longitudinal patterns of relationship satisfaction among trauma survivors and examine cultural differences in how trauma affects romantic relationships.

Keywords: *Childhood trauma, relationship satisfaction, romantic relationships*

Introduction

The formative years are often seen as a time of innocence, but for many, they are marked by trauma that affects psychological and emotional well-being. Childhood trauma includes distressing events like abuse, neglect, witnessing violence, accidents, or natural disasters (Agrawal, 2024). These experiences can lead to anxiety, depression, behavioural issues, impaired learning, and social withdrawal. Unresolved trauma can result in substance abuse, risky behaviours, or emotional detachment as children grow. Even infants can be affected, potentially leading to chronic stress and health issues like diabetes and cardiovascular disease later in life (Agrawal, 2024).

Youth trauma significantly influences personality, emotional responses, and interpersonal functioning. Physical, sexual, emotional abuse, and neglect each have distinct psychological effects, disrupting secure attachment and emotional regulation. For instance, emotionally neglected children may struggle with self-expression and connecting to others, while those exposed to violence may become hyper-vigilant or develop maladaptive coping mechanisms like aggression or withdrawal. These early disruptions often persist into adulthood, affecting trust, communication, and intimacy in relationships (Agrawal, 2024). Therefore, examining the impact of childhood trauma is crucial for understanding adult relational satisfaction.

Dating satisfaction, especially in romantic contexts, includes emotional reviews and subjective evaluations. It is influenced by factors like emotional stability, communication styles, shared values, personality traits, and intimacy potential. Studies show that individual differences from childhood experiences, such as trauma, impact relationship dynamics. Emotional instability often leads to dissatisfaction in romantic relationships. Sternberg's triangular theory of love highlights the importance of intimacy, passion, and commitment, affecting satisfaction differently across genders. Women tend to prioritize emotional connection and communication more than men (Kochar & Sharma, 2015). Sexual satisfaction, cohabitation status, and

relationship duration also significantly affect the quality and stability of young adult romantic relationships.

The study aimed to explore the link between childhood trauma and relationship satisfaction among adolescents. By investigating how different types and levels of trauma affect trust, intimacy, communication, and conflict resolution in romantic relationships, the research seeks to enhance understanding of how early adverse experiences impact adult relational health. Findings will contribute to psychological theory and inform interventions to help young adults build healthier relationships despite past traumas (Agrawal, 2024). The study emphasizes addressing unresolved trauma to foster resilience and improve long-term relationship outcomes.

Methodology

Purpose

To study the relationship of childhood trauma on the relationship satisfaction among young adults.

Research Objective

To evaluate how childhood trauma affects relationship satisfaction in young adulthood.

Hypothesis

There will be significant relationship between Childhood Trauma (CT) and Relationship Satisfaction (RS) amongst young adults.

Sample

The study comprised a sample of 110 participants in the age (18 and 30 years). Individuals with known psychological disorders affecting relationship satisfaction were excluded to maintain study integrity. Participants received a consent form detailing the study's purpose, confidentiality, and voluntary participation.

Outcome Measures

The study used a standardized measures to assess the relationship among childhood trauma and relationship satisfaction. To assess childhood trauma, the Childhood Trauma Questionnaire-Short Form (CTQ-SF) by Bernstein and Fink (2003) was used. This 28-item self-report measure evaluates five trauma dimensions: emotional abuse, physical abuse, sexual abuse, emotional neglect, and physical neglect. Items are rated on a 5-point Likert scale, with higher scores indicating greater severity. To measure relationship satisfaction, the Relationship Assessment Scale (RAS) by Hendrick (1988) was employed. This 7-item tool uses a 5-point Likert scale to assess satisfaction, support, expectations, and relationship quality.

Further to these scales, a demographic shape turned into blanketed to acquire important participant statistics along with age, gender, and educational historical past. The survey turned into administered through Google bureaucracy for virtual participation, while published copies had been furnished while important. contributors were first offered with an informed consent shape, detailing the examines goals, confidentiality measures, and the voluntary nature of participation.

The data collection technique involved three key stages. First, participants provided their demographic details. Second, they completed the Childhood Trauma Questionnaire-Short Form (CTQ-SF) (Bernstein & Fink, 1998), which assessed their retrospective experiences of emotional, physical, and sexual abuse, as well as emotional and physical neglect. Their responses were recorded for statistical evaluation. Third, participants responded to the Relationship Assessment Scale (RAS) (Hendrick, 1988), which measured their overall satisfaction and perceived quality in romantic relationships, with higher scores indicating greater relationship satisfaction. The accumulated statistics were then organized for similarly statistical evaluation to examine the correlation among Childhood Trauma and Relationship Satisfaction.

Variables

- *Independent Variable* (IV): Childhood Trauma
- *Dependent Variables* (DV): Relationship Satisfaction

Procedure

In order to schedule the current study's objective, the investigator visited approximately 110 young adults. A simple random sampling method was applied. The Childhood Trauma Questionnaire and Relationship Assessment Scale were utilized to collect data. Initially, everyone between 18 – 30 years submitted data via Google Forms. The samples were told of the study's purpose. Participants provided informed consent and expressed gratitude for their cooperation. The form took some basic demographic information, and the questions were given in order. They were informed that the assistance could be provided to address any questions. After amassing the finished questionnaires, a debriefing session will inform individuals approximately the examines motive and significance. Data was entered into a Microsoft Excel spreadsheet and subsequently analysed using Excel. The scoring process was completed accordingly.

Statistical Analysis

The Pearson correlation coefficient (r) turned into used to assess the power and course of the linear dating among childhood trauma and relationship satisfaction. The analysis observed a based manner to make sure statistical accuracy and reliability. First, records guidance involved amassing rankings from the Childhood Trauma Questionnaire-Short Form (CTQ-SF) and the Relationship Assessment Scale (RAS) from 110 individuals. The dataset turned into then checked for missing values and outliers to keep the integrity of the analysis. The results indicated a moderate negative correlation ($r = -0.55$), suggesting that higher childhood trauma ranges had been associated with less relationship satisfaction. The p -value was significant, confirming that the located relationship become not likely to be due to chance.

Ethical Consideration

“A study on the relationship between Childhood Trauma and Relationship Satisfaction among Young Adults” adhered to strict ethical standards. Informed consent detailed the study's purpose, methods, and potential risks. Confidentiality was maintained by anonymizing data and protecting identities. Participation was voluntary, with withdrawal permitted at any stage without consequences. Measures were taken to prevent psychological distress, and a debriefing session informed participants of the findings and their significance. Efforts were made to minimize bias, ensure fair representation, and interpret results ethically and responsibly.

Result

Table 1

Variables	N	R	P-VALUE
Childhood Trauma Questionnaire-Short Form (CTQ-SF) and the Relationship Assessment Scale (RAS)	110	-0.55	Sign*

The table indicates a significant negative correlation between childhood trauma and relationship satisfaction, ($r = -0.55$), at the 0.001 level of significance.

Discussion of Results

The study examined the link between early childhood trauma and relationship satisfaction among young adults. Childhood trauma includes events with long-term psychological effects, such as abuse, neglect, or witnessing violent behaviour. Trauma can be physical (e.g., hitting or beating), sexual (any unwanted sexual activity), emotional (consistent verbal abuse), neglect (malnutrition, poor hygiene), and witnessing violence (exposure to domestic or community violence).

Relationship satisfaction measures the amount of fulfilment and leisure in romantic relationships and is influenced by expectations, communication, and intimacy. The research study emphasizes the importance of intimacy, passion, commitment, sexual attitudes, trust, dependency, and communication in early love relationships.

The hypothesis suggested a strong link between childhood trauma and relationship satisfaction. The findings supported the hypothesis, indicating a moderate to high negative correlation ($r = -0.55$, $p < 0.001$). This suggests that individuals who have experienced more childhood trauma are less satisfied in their relationships.

Childhood trauma can cause difficulties with trust, emotional control, and interpersonal functioning, lowering relationship quality. Quan et al. (2025) found that youth trauma significantly reduces romantic satisfaction. Trauma-related experiences are linked to communication issues, unmet expectations, and overall lower relationship satisfaction.

Cederbaum, Negri and Palmer Molina (2020) argues that individuals who experienced childhood maltreatment often have lower behavioural relationship self-awareness, which is vital for dating success. Trauma survivors may struggle with emotional intimacy, conflict resolution, and maintaining secure, fulfilling relationships. These findings emphasize the need for more research into trauma-informed treatments that can improve relationship satisfaction among those who faced early adversity.

Conclusion

The study's findings display that childhood trauma has a giant effect on teens' relationship pride. Childhood trauma was found to have a moderate to severe negative impact on relationship satisfaction. Qualitative research approaches can provide deeper insights into how humans interpret and control their relationships in the context of youth trauma. Moreover, as indicated by means of Quan et al. (2025), treatments that enhance social help and bond safety may be tested as potential ways to mitigate the negative outcomes of childhood trauma on romantic relationships. In line with Harvey et al. (2023), couples who've been via early life trauma may additionally find out that mindfulness-primarily based therapy allows them be more content in their relationships.

References

- Agrawal, D. (2024). Childhood trauma: Types, causes, signs, and treatments. *Neurosurgical Atlas*.
- Cederbaum, J. A., Negriff, S., & Palmer Molina, A. (2020). Child maltreatment and romantic relationships in adolescence and young adulthood: The mediating role of self-perception. *Child Abuse & Neglect*, 109, 104718.
- Harvey, M. F., Paradis, A., Daspe, M.-È., Dion, J., & Godbout, N. (2024). Childhood trauma and relationship satisfaction among parents: A dyadic perspective on the role of mindfulness and experiential avoidance. *Mindfulness*, 15(2).
- Kochar, R. K., & Sharma, D. (2015). Role of love in relationship satisfaction. *International Journal of Indian Psychology*, 3(1), Article No.6
- Quan, L., Zhang, K., & Chen, H. (2024). The relationship between childhood trauma and romantic relationship satisfaction: The role of attachment and social support. *Frontiers in Psychiatry*, 15.