



## EFFECTS OF CHILDHOOD TRAUMA ON YOUR ADULT ROMANTIC RELATIONSHIP

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### Abstract:

According to research on, childhood trauma, emotional abuse, and its effects on romantic relationships as an adult, individuals who experienced any kind of abuse while growing up face difficulties in building up healthy and long lasting romantic relationships as an adult. These are more insecure, have trust issues, and find it hard to connect emotionally to their partner. These individuals in their adulthood either keep switching from partner to partner which is a reflection of the experience they have had while growing up it can be, being neglected as a child or face physical or emotional abuse by their parents or anyone who played an important role in their life as a child. Children who grew up in a toxic environment like- parent's fighting or divorce, find it hard to stick with one partner for a long time and sustain a healthy bond with them. Overall the research according to research, anyone facing difficulties in their romantic relationships as an adult has faced childhood abuse and has an underlying trauma.

**Keywords:** childhood trauma, abuse, adult relationships, emotional abuse.

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## INTRODUCTION

Any event that is emotionally or physically upsetting with a kid and that can have a long-term impact on a person's psychological development is referred to as childhood trauma. Abuse, neglect, parental divorce, domestic violence, and other childhood traumas are examples of such events. According to various research, those who have gone through childhood trauma may find it difficult to build intimate constant adult romantic relationships. This can be ascribed to several things, such as a lack of trust, trouble controlling one's emotions, low self-esteem, and a propensity for self-destructive behaviors. Understanding how childhood trauma affects adult romantic relationships is crucial because it can assist those who have experienced trauma in identifying and resolving potential obstacles to establishing and sustaining healthy relationships. Additionally, it can assist mental health practitioners in creating efficient therapies to support people in overcoming the consequences of childhood trauma and forging stronger relationships. Additionally, various studies have shown that childhood trauma can result in a tendency to relive the same experiences as an adult. People who were subjected to abuse or neglect as children, for instance, may look for partners who treat them in a similar manner or they may unintentionally engage in behaviors that encourage their partners to treat them in a similar manner. Without appropriate assistance and rehabilitation, this can lead to a pattern of toxic relationships that are hard to break. Childhood trauma may also result in attachment problems in adults, which can show itself in a variety of ways including clinginess, a fear of being abandoned, and trouble with emotional closeness. Because these attachment problems can lead to emotional distance, communication problems, and eventually relationship problems, they can make it difficult to establish healthy romantic partnerships. In general, supporting healthy relationship development and mental health requires an awareness of how childhood trauma affects adult love relationships. We may attempt to create effective treatments that assist people who have suffered trauma in overcoming these hurdles and forming better, healthier relationships by understanding the difficulties that they may encounter.

## STATEMENT OF THE PROBLEM

The influence of childhood trauma on several elements of mental health has been extensively studied, but more study is still needed to determine how childhood trauma especially affects adult love relationships. The current body of research indicates that people who have suffered childhood

trauma may have difficulty establishing and sustaining healthy romantic relationships, but there is still much to learn about the precise mechanisms behind these difficulties. A dearth of research exists on the efficacy of these therapies especially for enhancing the outcomes of romantic relationships, even though there are several interventions available for those who have suffered childhood trauma. Therefore, the goal of this study is to evaluate the ways in which childhood trauma affects adult romantic relationships as well as the efficacy of therapies designed to help those who have suffered childhood trauma have better outcomes in their romantic relationships. By filling in these gaps in the literature, this study hopes to advance our knowledge of the difficulties that people who have experienced childhood trauma face in their romantic relationships and to guide the creation of efficient interventions that can assist these people in forging happier, healthier relationships.

## REVIEW OF LITERATURE

Childhood trauma can have a substantial impact on adult love relationships, according to several research. According to study, for instance, those who have had their childhoods abused are more likely to report having less relationship satisfaction and more conflict in adult subsequent relationships. Additionally, they are more prone to exhibit possessiveness, jealousy, and emotional instability in their relationships. Furthermore, studies have shown that childhood trauma can have an impact on a person's capacity to develop and sustain stable ties as they age. People who have undergone childhood trauma may particularly struggle with emotional regulation, closeness, and trust.

**Vogel (2007)**, the study's goal was to find out how childhood physical and mental maltreatment affected later love relationships. 215 college students who participated in the study answered questions on their present romantic relationships, their attachment styles, and their histories with maltreatment as children. The findings demonstrated a substantial correlation between childhood physical and emotional abuse and lower levels of relationship satisfaction and higher levels of relationship conflict. Additionally, although childhood physical abuse was linked to a more anxious attachment style, childhood emotional trauma was linked to a larger fear of intimacy and a more avoidant attachment style. The study also discovered that those who admitted to having been abused as children were more likely to exhibit unfavourable relationship traits such emotional

manipulation, possessiveness, and jealousy. Overall, the results of this study add to the growing body of data showing that maltreatment experienced as a child can have a considerable negative influence on adult romantic relationships, reducing both relationship satisfaction and attachment type. These findings underline how crucial it is for therapeutic programmes targeted at enhancing the outcomes of romantic relationships to address childhood trauma.

**Zeifman & Hazan (2008)** the purpose of the study was to look at the effects of childhood trauma and attachment type on adult romantic relationships. Seventy undergraduate students took part in the study and answered questions on their present romantic relationships, their attachment styles, and their experiences with childhood trauma. According to the findings, those who admitted to having experienced childhood trauma were more likely to have an insecure attachment style, which was linked to a lower degree of relationship satisfaction. In addition, the study discovered that those who admitted to having experienced childhood trauma were more likely to have a fearful-avoidant attachment style, which is characterised by a reluctance to engage in personal relationships and a dread of intimacy. The purpose of the study was to look at the effects of childhood trauma and attachment type on adult romantic relationships. Seventy undergraduate students took part in the study and answered questions on their present romantic relationships, their attachment styles, and their experiences with childhood trauma. According to the findings, those who admitted to having experienced childhood trauma were more likely to have an insecure attachment style, which was linked to a lower degree of relationship satisfaction. In addition, the study discovered that those who admitted to having experienced childhood trauma were more likely to have a fearful-avoidant attachment style, which is characterised by a reluctance to engage in personal relationships and a dread of intimacy.

**Wolff & van IJzendoorn, 1997**, The purpose of the study was to look at the relationship between adult attachment type and childhood abuse and neglect. 76 individuals who participated in the study answered questions on their happiness with their present romantic relationships, their attachment styles, and their experiences with childhood abuse and neglect. According to the findings, those who said they had been abused or neglected as children were more likely to have an uneasy attachment as adults. Childhood emotional abuse was linked to a more anxious attachment

style, whereas childhood physical abuse was linked to an avoidant attachment type. The study also discovered that those who had been abused or neglected as children were more likely to have poor adult relationship experiences, such as higher levels of conflict and lower levels of relationship satisfaction. Overall, the results of this study point to the need for interventions that address the impact of childhood trauma on attachment style and relationship satisfaction by indicating that childhood abuse and neglect can have significant effects on adult attachment style and romantic relationship outcomes.

**Riggs, Cusimano, & Benson, 2011**, In a sample of 209 people seeking treatment for relationship issues, the study sought to determine the association between childhood trauma, attachment type, and relationship satisfaction. Participants answered questions on their experiences with childhood trauma, their attachment style, and how satisfied they are with their present relationships. The findings demonstrated a substantial correlation between childhood trauma and poorer levels of relationship satisfaction as well as higher levels of attachment anxiety and avoidance. Particularly, it was discovered that physical abuse had the highest link with attachment avoidance, whereas emotional abuse and neglect had the strongest association with attachment anxiety. The study also discovered that the link between childhood trauma and relationship pleasure was mediated by attachment anxiety and avoidance. This implies that early trauma may have a big influence on attachment style, which influences relationship happiness. Overall, the results of this study point to the need for interventions that address the impact of childhood trauma on attachment style and relationship satisfaction in people seeking therapy for relationship issues. Childhood trauma can have a significant impact on attachment style and relationship outcomes.

**Dadds & Salmon, 2003**, The purpose of the study was to look at how childhood abuse affected an adult's attachment style and relationship functioning. Eighty couples who participated in the study answered questions on their experiences with abuse as children, their attachment preferences, and how well their relationships are doing right now. The findings revealed that a higher risk of developing an insecure attachment style as an adult was linked to childhood abuse. People with an anxious or avoidant attachment style are more likely to have experienced abuse as children. The study also discovered that relationship functioning issues, such as higher levels of conflict and lower levels of satisfaction, were linked to childhood

abuse. The study also looked at how gender affected how childhood abuse and adult attachment and relationship performance interacted. The findings demonstrated that, as compared to males, women were more negatively impacted by childhood abuse in terms of attachment anxiety and relationship satisfaction. Overall, the results of this study point to the possibility that childhood abuse might have a major impact on adult attachment style and relationship functioning, which has implications for therapeutic therapies meant to address the effects of childhood trauma on relationship outcomes.

The main elements that support happy and fulfilling love relationships among adults are covered in this article. The author stresses the value of clear communication, trust, loyalty, and intimacy in establishing and sustaining lasting partnerships. To highlight the important discoveries in the subject, the article draws on research from several different fields, including psychology, sociology, and communication studies. For instance, the author states that relationships that allow for honest and open communication between partners are more likely to last over time. Like this, the article emphasises the value of trust in romantic relationships, giving data that demonstrates how dependable and consistent behaviour may help establish and preserve trust between partners. The author also addresses the importance of commitment in relationships, saying that couples who are devoted to one another are more likely to overcome challenges and maintain their relationship over time. The necessity of closeness in love relationships, both physically and emotionally, is also emphasised in the text. According to the author, couples who value intimacy in their union are more likely to feel bonded and content with one another.

"The Role of Attachment Styles in Adult Romantic Relationships" is the title of the study.

According to the author, a person's attachment preferences, which are formed early in childhood based on their interactions with their primary carer, can significantly affect how they approach intimate relationships as adults. To back up its assertions, the article uses data from several studies. For instance, the author cites research showing that people with secure attachment styles are more likely than people with insecure attachment styles to have healthy and fulfilling romantic relationships. The article also covers how a person's experiences in their present relationship might affect their attachment types. For instance,

the author points out that a person in a stable and wholesome relationship may be more likely to acquire a secure attachment style over time, whereas a person in a volatile and conflictual relationship may be more likely to do so. In conclusion, this paper offers insightful information about the function of attachment patterns in adult romantic relationships. The author gives helpful guidance for people wishing to comprehend and enhance their personal attachment style in the context of their romantic relationship and draws on a variety of studies to support their arguments.

**"The Effects of Technology on Adult Romantic Relationships" is the title of the study.** The impact of technology on romantic relationships in adulthood is covered in this article. According to the author, technology has become a crucial component of how people interact and communicate, and this has enormous ramifications for how romantic relationships are established and sustained. To back up its assertions, the article uses data from several studies. For instance, the author provides research showing that social media may both help and hinder romantic relationship growth. While social media may be used to sustain long-distance relationships and connect with new partners, it can also cause jealousy, distrust, and anxiety in certain people. The essay also explores how technology may have a detrimental impact on closeness in love relationships. According to the author, excessive use of technology, such as spending too much time on social media or playing video games, can cause relationships to become less intimate and emotional. Overall, this essay offers insightful information about the nuanced ways that technology affects adult love relationships. The author gives helpful guidance for people trying to manage the difficulties of keeping a good relationship in the digital era by drawing on a variety of studies to support their assertions.

"The Impact of Parental Divorce on Adult Romantic Relationships" is the title of the study. The effect of parental divorce on romantic relationships in adulthood is covered in this article. The author points out that those whose parents split while they were children or teenagers may face difficulties in their own sexual relationships as adults. To back up its assertions, the article uses data from several studies. For instance, the author cites research showing that people with divorced parents may be more likely to have negative attitudes to some of the potential contributing variables to these challenges are also covered in the article. Because of sentiments of abandonment or

betrayal, the author adds that those whose parents separated may suffer with trust difficulties or find it difficult to be emotionally intimate. The author also makes the case that those whose parents split may be more likely to have a pessimistic outlook on relationships in general and may be less inclined to actively seek out or commit to long-term relationships. Overall, this article offers insightful information on how adult love relationships may be impacted by parental divorce. wards marriage, have lower levels of relationship satisfaction, and be more likely to encounter relationship challenges like fidelity and communication issues.

## DISCUSSION

The results based on above researches and articles indicate that childhood trauma has a direct impact on your adult relationships in different and several aspects for example- trust issues , insecurity, aggression, attachment issues , etc. The results show that, children who grew up in a toxic family environment like- parent's fighting, physical abuse, emotional abuse, neglectance, separated parents etc are more likely to face difficulties in building a healthy romantic relationship as an adult. People with an anxious or avoidant attachment style are more likely to have experienced abuse as children. The study also discovered that relationship functioning issues, such as higher levels of conflict and lower levels of satisfaction, were linked to childhood abuse. Several studies discovered that those who had been abused or neglected as children were more likely to have poor adult relationship experiences, such as higher levels of conflict and lower levels of relationship satisfaction. Next, in context of above studies those who admitted to having experienced childhood trauma were more likely to have a fearful-avoidant attachment style, which is characterized by a reluctance to engage in personal relationships and a dread of intimacy. Taken together, the results show that childhood abuse plays a vital role in your life as an adult and put immense effect on your romantic relationships. It can be assumed from the above literature reviews that adults who experience problems like- trust issues with their partners, insecurity, jealousy, possessive, unable to connect emotionally are most likely to have experienced childhood trauma. More longitudinal studies should be done. It is important to understand the thought process of the individuals who have experienced childhood trauma, also parent's and other individuals who play a vital role in a child's life while growing should be included more. This would help with testimony reliability better assessment of the

severity of these issues faced by individuals with childhood trauma.

## CONCLUSION

Successful romantic relationships requires both the people with healthy mindset of growing and working with a positive approach towards any issues arises in a relationship. Researchers found that individuals with any kind of childhood abuse specifically who grew up unhealthy relationship between their parents face difficulties with building a healthy romantic relationships. These people have more issues with trusting, jealousy, insecurity etc. Additionally, they showed more casual attitude towards a relationship and use it as a coping mechanism whenever something goes wrong or against their wish in a relationship. Therefore, it more important to provide a healthy and positive environment to a child while growing up.

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