

## Investigating Link between Childhood Aggression and Childhood Trauma in Adult Social Behaviour

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### ABSTRACT

The main intention of the research is to identify the correlation between childhood trauma and child aggression and its linking with adult social behaviour. To effectively evaluate the correlation, several parameters have to be keenly observed, which provide a framework to understand the reason for aggression in childhood, specifically those who suffer from the traumatic experience. Childhood trauma has a major psychopathological impact that effectively correlates with childhood depression and aggression, which is the outcome of trauma. Despite its high prevalence and substantial effects, limited research focuses on investigating the link between childhood aggression and childhood trauma and its adult social behaviour. For this, various types of trauma comprising abuse, sexual, physical and emotional and aggression involving verbal, physical and indirect were selected as prominent factors for investigation. In the evaluation, the paper has chosen a random sample between the age group of 18-25 and the total 105 samples was obtained to smoothly manifest the hypothesis and outcome. The finding exhibits that there is an effective linking between the early trauma and aggression and its reflection on the adulthood social behaviour of the individual.

**Keywords:** *Childhood trauma, childhood aggression, childhood trauma and adult social behaviour, link between childhood aggression and childhood trauma and its adult social behaviour.*

### INTRODUCTION

Child trauma is extremely common as the world record shows that around 41 to 97% of the school children were suffering from traumatic experiences during an early age (Prior, K et al., 2021). Childhood abuse is a form of child malpractice that involves any actor series conducted by the parents or other caretakers that harm the child's mental health. The most common factor for trauma among childhood sexual assault, witnessing severe disorder or death. A significant correlation has been found among the child trauma and the characteristics of life's emotional, physical and behavioural determinants such as stress, anxiety, alcohol, drug use, inappropriate learning, aggression and other criminal activities (Simsek, D. E., & Evrensel, A., 2018). Numerous studies focused on the negative behaviour impact associated with the trauma. Childhood trauma has profound long-term

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wellness and mental health issues that are confirmed as childhood abuse and neglect by parents, relatives and near ones. Consistency with the theory of the cycle of violence exposed to childhood abuse intensified the intergenerational uncertainty of engaging in aggressive behaviour in adolescence and adulthood (Wang, Q et al., 2019).

Numerous types of abuse children face lead to devastating mental status, and children develop traumatic stress reactions. Many types of physically abused children become aggressive themselves and have other behavioural challenges. Aggression and acting out are very usual, but there is a broad reaction perspective (Zhu, W et al., 2020). Anger is often a significant part of a victim's response to trauma. At the core of the survival response, the children take aggression to cope with their childhood stress and keep themselves blocked from all the other circumstances living alone by showing their aggressive nature (Auslander, W et al., 2016). The significant factors that acknowledge the linking among the childhood aggression, Trauma and its relation with the adult behaviour.

Factors	Childhood incidents
Aggression	Verbal Aggression
	Physical Aggression
	Indirect Aggression
Abuse	Physical Abuse
	Sexual Abuse
	Emotional Abuse
Negligence	By Parents
	Physical
	Emotional
Parent Conduct	Drinking habits
	Criminal Activities
	Divorce or separation
	Domestic violence

The study focuses on evaluating the correlation between trauma in childhood and aggression and its impact on their social behaviour when the child becomes an adult. For this evaluation, the paper goes through various types of trauma comprising violence, physical neglect, emotional abuse, physical abuse, and sexual abuse that demonstrated statistically is a significant correlation with the number of different aggressive behaviours.

### *Objective*

To determine the correlation between childhood trauma and child aggression and its linking with adult social behaviour. To evaluate the correlation, several parameters (aggression, abusing behaviour, negligence faced by the children and so on) have to be keenly observed, which provide a framework to understand the reason for aggression in childhood, specifically those who suffer from the traumatic experience.

## **REVIEW OF LITERATURE**

The study (Auslander, W et al., 2016) tries to analyse the historical evidence of childhood abuse and aggressive behaviour among adolescent girls and try to evaluate the sign of post-traumatic anxiety and depression. For this age group was selected among the girls from 12 to 19 years, and about 237 participants went through the survey. The outcome demonstrated that eighty-nine per cent of the adolescent girls experienced at least once aggressive

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behaviour, as seventy-two per cent was engaged in physical aggression, and 78.5 of the girls did not show any physical aggression. The girls who were going through emotional and physical abuse were prominently correlated with the high rate of aggressive behaviour. In contrast, the girls suffering from sexual abuse were not significantly associated with aggression.

Another study (Prior, K et al., 2021) analyses childhood trauma and its impact on youngsters' humanitarian attitudes and behaviour. This paper goes through a cross-sectional approach for a random sample collected by an online survey among 511 Australians belonging to the age group of 18 to 20 years. The outcome demonstrates that transgender and distinct individual faces three-time more kind of maltreatment than female and specifically went through emotional and sexual abuse and emotional neglect. Individuals who were suffering from experiencing any type of trauma were correlated with their humanitarian behaviour as those who went through traumatic circumstances always expressed negative benevolence behaviour with others.

The children who exhibit aggressive behaviour were the outcome of the problem-solving method in their family, the learning and the adoption process for copying methods as they learn from their environment during their childhood. The paper (Dinc, M. E., & Kucuk, K. A., 2021) tries to evaluate the correlation between childhood trauma and aggression in adulthood. In assessing the hypothesis, the data was collected from 443 adults between the ages group of 18 to 25. For determining the paper, utilise the childhood trauma questionnaire and Buss Perry Aggression Questionnaire (BPAQ). The outcome demonstrated that there is a positive relation and linking between the significant factors.

The adverse effect of childhood trauma was keenly observed in the research and tried to evaluate the correlation between adulthood aggression and childhood trauma. The paper (Simsek, D. E., & Evrensel, A., 2018) focuses explicitly on Turkish society and utilises Childhood Trauma Questionnaire and Buss Perry Aggression Questionnaire (BPAQ). The questionnaires were applied to a randomly selected sample from Istanbul provinces consisting of a size 50 individual who did not experience any neuropsychiatric diagnosis. The outcome of the study revealed that childhood trauma levels among the participants indicated a high range in comparison to their aggression level, as it was suggested as a normal range. Moreover, there is a positive correlation between childhood trauma and the aggression level in adults as it acts as a predisposing factor.

Early maltreatment is identified as a risk determinant for aggressive behaviour. For appropriate evaluation and determining the correlation between childhood maltreatment and aggression, the paper utilises a childhood trauma questionnaire, anger rumination scale and BPAQ on the sample size of 973 students. The paper (Zhu, W. et al., 2020) uses multiple mediated analyses. The outcome demonstrates that there is a correlation between early maltreatment and aggression behaviour as the indirect effect was about 0.04 and the indirect anger effect was about 0.10. The aggression had an immense impact on interpersonal conflict and acted as a provoking incidence in adults facing trauma in their childhood.

## **METHODOLOGY**

### ***Research Design***

The paper applied a clinical scale psychological assessment tool that was used to determine the link between childhood aggression and childhood trauma. The significance of clinical psychological tools is comprehensively applied to particular mental, emotional, and

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behavioural challenges, and it is explicitly focusing on traumatic stress-related disorders. The tool also focuses on the broad area covering demographic factors like youth, ethnic groups, among others.

### ***Research Approach***

The paper also applied the qualitative approach to execute the evaluation and accomplish the research, which relies on a primary methodology based on sampling approach and a secondary method that exclusively explores through the existing studies. The ***Primary data*** is usually collected from real-time sources such as surveys, questionnaires, experiments, and interviews. In this research, the researcher implements primary data based on the random sample method to obtain accurate results. First, it is not time-consuming and very reliable considering objectives.

The study sample addresses 105 participants who took part in the questionnaire-based empirical study to determine their perception regarding the research question.

The ***Secondary approach*** is based on existing resources to comprehensively explore the research topic to enhance the knowledge and try to illustrate all the key and prominent points effectively. For secondary data, collection studies obtain information from already existing journal literature, books, websites articles, among others. The secondary approach plays a significant role in interpreting the research question and the hypothesis effectively and adequately formulating the smooth outcome. For collecting data from existing resources, the keywords and titles used for searching include the related terms embracing childhood aggression and childhood trauma and its correlation with adult social behaviour and the relationship between childhood traumas and aggression levels in adults.

### ***Research Tool***

For the evaluation, the paper has chosen a Random Sample between the age group of 18-25 to collect the data. The paper uses Likert scale for analysis of the questionnaire on the parameter of agreed, disagreed, neutral. Paper applied the Chi-Square Test to evaluate the outcome by applying the information obtained from the sample survey.

### ***Research Question***

Evaluate whether there is a Correlation between Childhood Aggression and Trauma with Adult Social Behaviour or not?

### ***Hypothesis***

- H0 (Null Hypothesis) - There is no Correlation between Childhood Aggression and Trauma with Adult Social Behaviour.
- H1 (Alternate Hypothesis) - There is a Correlation between Childhood Aggression and Trauma and Adult Social Behaviour.

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### *Observed Value*

Group	Factors	Agreed	Disagreed	Total
Aggression and Trauma conduct	Physical aggression	53%	27%	80
	Domestic violence	14%	77%	91
	Sexual abuse	4%	89%	93
	Physical abuse	45%	28%	73
	Drinking habits	9%	84%	93
	Suicidal incidences	1%	98%	99
	Criminal activities	1%	99%	100
	Physical neglect	6%	88%	94
Adult Social Behaviour	Emotional neglect	28%	52%	80
	Emotional aggression	43%	29%	72
	Verbal aggression	62%	19%	81
	Indirect aggression	13%	67%	80
	Total	279	757	1036

Significance level=0.05

### *Expected Value*

Groups	Factors	Agreed	Disagreed
Aggression and Trauma conduct	Physical aggression	21.5	58.4
	Domestic violence	24.50	66.4
	Sexual abuse	25.04	67.9
	Physical abuse	19.6	53.3
	Drinking habits	25.0	67.9
	Suicidal incidences	26.6	72.3
	Criminal activities	26.9	73.0
	Physical neglect	25.3	68.6
Adult Social Behaviour	Emotional neglect	21.5	58.4
	Emotional aggression	19.3	52.6
	Verbal aggression	21.8	59.1
	Indirect aggression	21.5	58.4

Observed Value (O)		Expected Value (E)		(O-E)		(O-E) <sup>2</sup>		(O-E) <sup>2</sup> /E
53	27	21.5	58.4	31.5	-31.4	992.2	985.9	62.9
14	77	24.50	66.4	-10.5	10.6	110.25	112.36	6
4	89	25.04	67.9	-	21.1	457.96	445.21	24.7
45	28	19.6	53.3	25.4	-25.3	645.16	640.09	44.9
9	84	25.0	67.9	-16	16.1	256	259.21	14

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1	98	26.6	72.3		25.7	655.3	660.4	33.4
1	99	26.9	73.0	-25.6	26	670.81	676	33.9
6	88	25.3	68.6	-25.9	19.4	372.4	376.3	20.1
28	52	21.5	58.4	-19.3	-6.4	42.25	40.9	0.95
43	29	19.3	52.6	6.5	-23.6	561.6	556.9	39.5
62	19	21.8	59.1	23.7	-40.1	1616.0	1608.0	101.2
13	67	21.5	58.4	40.2	8.6	72.2	73.9	4.5
				-8.5				
Total								$X^2=386.05$

Degree of Freedom=11

Significance level ( $\alpha$ ) =0.05

$X^2_{tabular} = 21.03$

$X^2_{calculated}=386.05$

Whenever  $X^2_{calculated} > X^2_{tabular}$  then the Null Hypothesis is rejected and the alternate hypothesis is accepted.

Henceforth, there is a Correlation between Childhood Aggression and Trauma and Adult Social Behaviour.

### RESULTS & ANALYSIS

The study focuses on evaluating the correlation between trauma in childhood and aggression and its impact on their social behaviour when the child becomes an adult. For this evaluation, the paper goes through various types of trauma comprising violence, physical neglect, emotional abuse, physical abuse, and sexual abuse, as well as the parent conduct and their practices. The paper analyses the sample statistically, and the data revealed that it has a significant correlation with the number of different aggressive behaviours. With the intention to determine the behaviour of the person, the question was asked whether they ever felt sad when anyone insulted or put them down. The outcome demonstrated that 62.5% of the participants strongly agreed and agreed with the notion, and 19.3% disagreed. Another intention is to determine the behaviour of the person, and the question was asked whether they ever felt sad when anyone insulted or put them down. The outcome demonstrated that 62.5% of the participants strongly agreed and agreed with the notion, and 19.3% disagreed. These facts indicate that adult behaviour is correlated with aggression and childhood trauma.

### DISCUSSION

The data analysis was segmented into five components; the first component was the demographic dividend which comprised the age group and the gender of the sample another component was the education level of the participant, and the fourth component was the type of occupation of the participants and the fifth and last component was a questionnaire which plays the most vital role in evaluating the hypothesis. This questionnaire was based on the

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main parameter that has a critical role in childhood aggression and childhood trauma, and the parameters are physical negligence, childhood and sexual abuse, and parent conduct.

### ***Target Population***

Under the demographic segment, the first parameter was the age group of the sample demonstrates that about 90.4 percent of the participant belong from the age group of 18-25 age band, followed by 8.7% of the participant who belongs from the age group of 26 to 30 band and the remaining 1.0% of the participant belongs to 31- 35 age group. Another factor under the demographic segment was gender, and the samples demonstrate that 56.7% of the respondents were male and 43.3% of the respondents were female.

Under the education level, which is the third prominent component of the data analysis, 50% of the participants belong from graduate-level followed by 27.9 percent of the participants who completed their post-graduation. In comparison, 11.5% of the participants belong to the senior secondary group, and 10.6% of the participants are from other categories. Under the occupation, around 87.5% of the participants come from the student group, while 9.6 % of the participants are from the service sector, 1.9% are homemakers, and 1% belong to the business group.

When the question is asked regarding the influence as to whether the participant was influenced or manipulated by anyone in their childhood, the data reveals that around 26.9% of the participants showed agreed and strongly agreed with node; however, 41.3% of the participant showed their references toward disagreed and strongly disagreed on the same time 31.7% of the participant were in a neutral phase. When the question was asked that try to evaluate the aggressive behaviour of the child in their childhood was the weather in the childhood as a child did you ever have kicked or bite anyone the data exhibit that 52.9% of the participants were so agreed and strongly agreed on the favour, 26.9 percent showed disagreed and strongly disagreed on the same time 20.2 % were in the neutral condition.

Another question related to rude behaviour was when you expressed rude or harsh behaviour to anyone in childhood, and the data demonstrate that 33.3% of the participants agreed. At the same time, 27.9 percent were neutral, and around 28.8 percent exhibited disagreement with the context. When the question is related to indirect aggression like spreading rumours, gossip, back biting, the information indicates that around 67.3 percent of the participants disagreed. In contrast, 19.2% responded to neutral, and about 13.5% showed their notion to agree regarding the indirect aggression behaviour toward others. With the intention to determine the behaviour of the person, the question was asked whether they ever felt sad when anyone insulted or put them down. The outcome demonstrated that 62.5% of the participants strongly agreed and agreed with the notion, and 19.3% disagreed, and at the same time, 18.3% of the participants were neutral.

When the question was asked regarding domestic violence and whether the participants faced any kind of domestic violence in their childhood, the outcome revealed that around 14.4% of the participants agreed that they faced domestic violence in their childhood. However, the majority of about 76.9 % of the participants disagreed and strongly disagreed with the context, and at the same time, around 8.9 % of the participants were neutral to the context. The number of questions was related to parenting. Their behaviour that comes under the category of parent conduct has a crucial and significant role in analysing childhood aggression and childhood trauma and how it is correlated and reflected in adult social behaviour. One such question was whether parents were addicted to alcohol. The

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response showed that 83.7 percent of the participants disagreed with this, 8.7 % of the respondents agreed, and 7.7% of the participants were neutral.

Another important question which shows the parenting for the upbringing of the child was did the parent have any criminal record is it reflected in the child's behaviour, and the data demonstrates that 75% of the participants strongly disagreed and 24% of the participant disagreed. In comparison, 1% of the participant's neutral perception of the question. The question was whether the parent failed to provide bare essentials to their children. The outcome demonstrates that 64.4 percent of the participants strongly disagreed, followed by 24% of the participants who disagreed. However, 5.8% of the participants showed agreed and neutral perceptions.

Another question was whether Parents suffering from mental illness or went through any suicidal incidence and the data demonstrates that 74% of the participants strongly disagreed and 24% of the participant disagreed. In comparison, 1% of the participant's neutral and agreed perception of the question. One of the most critical and essential questions that have profoundly correlated with child aggression and trauma was whether anyone was forced for their sexual benefit in their Childhood. The outcome demonstrates that 68.3 percent of the participants strongly disagreed, followed by 21.2% of the respondents who noted disagreeing and 4.8 % agreed, while 5.8 % of the participants had such a neutral perception of the question.

The data analysis section exclusively discusses all the prominent factors and the parameters that reveal that there is a significant correlation between adult social behaviour and child aggression with childhood trauma.

### **CONCLUSION**

Childhood trauma has a significant psychopathological impact that effectively correlates with childhood depression and aggression, which is the outcome of trauma. Despite its high prevalence and substantial effects, limited research focuses on investigating the link between childhood aggression and childhood trauma and its adult social behaviour. For this, various types of trauma comprising abuse, sexual, physical and emotional and aggression involving verbal, physical and indirect were selected as prominent factors for investigation.

It may conclude that a significant correlation has been found among Childhood aggression, child trauma and adult social behaviour based on the characteristics of life's emotional, physical and behavioural determinants such as stress, anxiety, aggression and other criminal activities performed by the parents. Childhood trauma has profound long-term wellness and mental health issues that are confirmed as childhood abuse and neglect by parents, relatives and near ones. The paper analyses the critical role in childhood aggression and childhood trauma, and the parameters are physical negligence, childhood and sexual abuse, and parent conduct. Eventually, after evaluating these parameters, the study effectively proved the hypothesis and smoothly determined that there is a link between childhood aggression, childhood trauma and adult social behaviour.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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