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Research Paper

Adverse Childhood Experience, Big 5 Personality Traits and Parent Adult-Child Relationship: A Correlational Study Among Young Adults

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ABSTRACT

Adverse Childhood Experiences (ACEs) play a important role in shaping personality traits and influencing relationships in adulthood, particularly among adult-children with their parents. This research explores correlation between ACEs and parent-adult child relationships, the differences of ACE exposure between individuals aged (18–21) and (22–25), and the variations in parent-adult child relationships across these age groups. It was found that individuals with higher ACE exposure tend to have strained relationships with their parents, often marked by communication barriers, emotional detachment, and unresolved conflicts. Additionally, important gaps were observed in the reporting of ACEs among the two age groups, with younger participants (18–21) showing higher recollection of recent adversities, while older participants (22–25) demonstrated a shift in perception over time. Similarly, variations in parent-adult child relationships were noted between the age groups, suggesting that relational dynamics evolve with maturity and life experiences. This research highlights the need for age-specific interventions to address childhood adversity and strengthen familial bonds through targeted psychological and support strategies.

Keywords: *Adverse Childhood Experiences, Big Five Personality Traits, Parent-Adult Child Relationship, Age Differences, Psychological Impacts*

Childhood is a pivotal period in human development, shaping an individual's personality, behavior, and relationships in adulthood. During this stage, experiences whether positive or negative leave a lasting impact on emotional well-being, cognitive development, and interpersonal connections (Felitti et al., 1998). Adverse Childhood Experiences (ACEs), address emotional and physical abuse, neglect, and household dysfunction, have been widely studied for their profound effects on mental health and social functioning (Anda et al., 2006). While extensive research has linked ACEs to increased risks of anxiety, depression, and behavioral issues (Shonkoff et al., 2012), there remains a gap in understanding how these early adversities influence personality traits and, in turn, affect parent-adult child relationships.

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Personality development is an essential factor in determining how individuals navigate relationships. The Big Five Personality Traits explores neuroticism, extraversion, openness, agreeableness, and conscientiousness which provide a comprehensive framework for understanding behavioral patterns (McCrae & Costa, 2008). Individuals with higher ACE exposure often shows heightened neuroticism, lower agreeableness, and reduced conscientiousness, which may contribute to strained relationships with their parents in adulthood (Luo et al., 2022). Emotional regulation difficulties, trust issues, and communication barriers resulting from early adversities can persist, making it challenging for individuals to maintain positive parent-child relationships after reaching adulthood (Schroeder et al., 2020).

The study done also explores the impact of ACEs and parent-adult child relationships varies across different age groups. Individuals between 18 and 21 years old may have a more immediate recollection of adverse experiences, whereas those between 22 and 25 years old may reinterpret their childhood events with greater maturity and perspective. Research suggests that as individuals age, their understanding of past experiences evolves, influencing how they perceive their relationships with their parents (Belsky & de Haan, 2011). Additionally, as young adults transition into independence, their emotional reliance on parental figures may shift, further altering relational dynamics (Fingerman et al., 2012).

Even though the growing recognition of ACEs' prolonged effects, few researches have undergone the examination of the interplay among ACE exposure, Big-Five personality traits, and parent-adult child relationships. By addressing this gap, this research aims to provide a deeper understanding of how early adversities shape adult relationships and whether age-related differences influence these outcomes. This study's findings add to the field of developmental psychology by shedding light on how catastrophic early experiences influence parent- early adult child relationships across different age groups. The results highlight the importance of tailored interventions and support systems that address age-specific challenges, ultimately promoting healthier family interactions and strengthening emotional resilience in adulthood.

By examining these relationships through the lens of personality traits and age differences, this study offers valuable insights for mental health professionals, educators, and policymakers. Strengthening parent-adult child relationships through targeted interventions can enhance emotional well-being, facilitate communication, and help individuals break free from the lingering effects of childhood adversity. As society becomes more aware of the lasting impact of ACEs, fostering understanding and support for those affected is essential for building stronger familial connections and healthier communities.

Objectives

The study aims to examine the prolonged consequences of adverse childhood experiences (ACE-IQ) on personality traits affecting parent-adult child relationships. The following objectives guided the research:

- To measure the correlation between adverse childhood experiences and parent-adult child relationships.
- To compare adverse childhood experiences between two age groups (18-21 and 22-25 years).
- To assess the impact of ACEs on the parent-adult child relationship with mothers across age groups.

- To assess the impact of ACEs on the parent-adult child relationship with fathers across age groups.
- To determine the correlation between adverse childhood experiences and parent-adult child relationships.
- To determine the correlation of Big Five Personality Inventory with Adverse Childhood Experience and Parent-Adult-Child Relationship.

Rationale

The Adverse Childhood Experiences-International Questionnaire (ACE-IQ) is a well-known tool used to measure the impact of difficult childhood experiences on a person's personality and relationships. Studies show that such experiences can shape personality traits, often leading to higher levels of emotional instability (neuroticism) and lower levels of traits like conscientiousness, agreeableness, and extraversion. Childhood adversity can also affect relationships between parents and their adult children, weakening emotional bonds and communication. Since these effects can have long-term consequences, it is important to explore how ACE-IQ, personality traits, and parent-adult child relationships are connected, especially in young adults aged 18–25.

I chose to conduct this study to understand how these three factors interact. While past researches have mentioned about the individual effects of adverse childhood experiences on personality and family relationships, very few studies have examined all three together. Additionally, while working on this research, I faced challenges in finding studies that focused on how age differences (within young adulthood) influence the relationship between ACE-IQ and parent-adult child relationships. This gap in research made it necessary to explore whether these relationships change between the ages of 18–21 and 22–25. By dividing young adults into these two age groups, this study aims to identify whether the effects of adverse childhood experiences remain stable or shift as individuals grow older. Understanding these changes can provide useful insights for psychological research and help create age-appropriate support systems for young adults facing difficulties in their parent-child relationships.

This research contributes to developmental psychology by emphasizing how early negative experiences continue to shape personality and relationships into young adulthood. The findings highlight the importance of age-specific mental health interventions that can strengthen emotional well-being and parent-child relationships in individuals aged 18–25.

REVIEW OF LITERATURE

Examines past research related to adverse childhood experiences (ACE), Big Five personality, and parent-adult child relationships. The studies reviewed span from 2004 to 2025, focusing on how these factors interact and shape long-term psychological and interpersonal outcomes.

Non-Indian Researches

Adverse Childhood Experiences:

Adverse childhood experiences (ACE) have continued extensively studied for their long-term psychological impact. Early research by Felitti et al. (2004) highlighted a connection between childhood adversity and challenges for mental health. Anda et al. (2006) Childhood maltreatment has been linked to a variety of changes in brain structure and function and stress responsive neurobiological systems. Epidemiological studies have documented the

impact of childhood maltreatment on health and emotional well–being. Hughes et al. (2017) Research shows that adverse childhood experiences (ACE), like abuse or witnessing domestic violence, can harm health throughout life. While studies have measured the impact of individual ACE, there hasn't been a clear summary of how experiencing multiple ACE together affects health. More recently, Rancher & Moreland (2022) Early childhood teachers' stress, especially from past adverse childhood experiences (ACE), affects their resilience and classroom interactions. This study highlights the need for trauma-informed support to help teachers manage stress and improve their teaching quality.

5 major Personality traits:

Personality development is another area where ACE play a critical role. The Big Five Personality Model, introduced by McCrae and Costa (2008), has been widely used to analyze how early experiences shape personality traits. Li, Y. et al. (2023) This study investigates how personality traits mediate the relationship between various types of adverse childhood experiences (ACE) and depression in older adults. Fletcher et al. (2017) Childhood maltreatment is linked to higher neuroticism and lower conscientiousness and openness in adulthood, affecting personality and career outcomes. Health issues in adolescence may partly explain how maltreatment shapes personality traits over time. Perez et al. (2016) This study found that adverse childhood experiences (ACEs) increase the risk of suicidal behavior in adolescents, largely through their impact on personality development, aggression, and impulsivity. Early intervention targeting these developmental issues could help prevent suicidal tendencies in at-risk youth.

Parent and child relationship:

Fingerman et al. (2011) Young adults and their parents maintain strong connections, with frequent communication and parental support increasing compared to past decades. Students receive more assistance than nonstudents, which enhances their life satisfaction and strengthens parent-child relationships. Merrick et al. (2017) Positive childhood experiences (BCEs) play a crucial role in lifelong resilience but are not widely included in public health efforts. Integrating BCE assessments into surveys and medical screenings can help counteract adversity's effects and promote well-being. Hong, P.et al. (2021) This study found that parents' satisfaction with their relationship with their emerging adult children was linked to their own psychological well-being. Additionally, Hispanic emerging adults showed a stronger connection between their parent-child relationship satisfaction and their own psychological distress compared to non-Hispanic peers. Bozhenko, E. et al. (2011) Research on adult child-parent relationships has grown, highlighting their lifelong impact. This paper explores their evolution and proposes key features for classification.

Indian Researches

Adverse Childhood Experiences:

Trivedi, G.Y. et al. (2021) Adverse Childhood Experiences (ACEs) significantly impact mental and physical health, with long-term effects across generations. This commentary reviews global and Indian research on ACEs and advocates for a comprehensive approach to prevention and management in India. Fernandes, G. S. et al. (2021) This study examines the prevalence of adverse childhood experiences (ACEs) and their link to increased risk of externalizing behaviors, such as substance misuse.

5 major Personality traits:

Chaudhary, R. et al. (2017) This paper explores how demographic, social, and personal traits influence entrepreneurial inclination. It examines factors like gender, education, family business background, and psychological traits in distinguishing entrepreneurs from non-entrepreneurs.

Dandona, A. (2024). This study explores the relationship between adverse childhood experiences (ACEs) and personality traits in young adults, highlighting gender differences. Findings show that ACEs negatively correlate with extraversion and positively with psychoticism, with distinct patterns for males and females.

Parent and child relationship:
This chapter emphasizes the importance of viewing emerging adulthood through a micro-cultural lens to understand sociocultural variations in parent-child relationships. It presents two studies: one examining filial responsibility and well-being across U.S. ethnic groups, and the other exploring life choices in urban, middle-class India.

METHODOLOGY

This study used a quantitative design to examine the correlation between Adverse Childhood Experiences (ACEs), Big Five Personality Traits, and parent-adult child relationships. By using convenience sampling data were collected from 200 participants (ages 18–25). Standardized tools, including the ACE-IQ and PACR scales, measured childhood adversity and parent-child relationships.

Objective

This aims of this study is to explore the correlation between adverse childhood experiences (ACEs) on parent-adult child relationships across different age groups. It first examines the correlation between ACEs and the quality of relationships with parents in adulthood.

Hypotheses

- **H1:** There will be significant correlation between adverse childhood experiences and parent-adult child relationships (Mother).
- **H2:** There will be significant correlation between adverse childhood experiences and parent-adult child relationships (Father)
- **H3:** There will be significant correlation between adverse childhood experiences and Neuroticism.
- **H4:** There will be significant correlation between adverse childhood experiences and Conscientiousness.
- **H5:** There will be significant correlation between adverse childhood experiences and Openness.
- **H6:** There will be significant correlation between adverse childhood experiences and Extraversion.
- **H7:** There will be significant correlation between adverse childhood experiences and Agreeableness.
- **H8:** There will be significant correlation between parent-adult child relationships (Mother) and Neuroticism.
- **H9:** There will be significant correlation between parent-adult child relationships (Mother)and Conscientiousness.

- **H10:** There will be significant correlation between parent-adult child relationships (Mother) and Openness.
- **H11:** There will be significant correlation between parent-adult child relationships (Mother) and Extraversion.
- **H12:** There will be significant correlation between parent-adult child relationships (Mother) and Agreeableness.
- **H13:** There will be significant correlation between parent-adult child relationships (Father) and Neuroticism.
- **H14:** There will be significant correlation between parent-adult child relationships (Father)and Conscientiousness.
- **H15:** There will be significant correlation between parent-adult child relationships (Father) and Openness.
- **H16:** There will be significant correlation between parent-adult child relationships (Father) and Extraversion.
- **H17:** There will be significant correlation between parent-adult child relationships (Father) and Agreeableness.
- **H18:** There will be significant difference in adverse childhood experiences between the age groups (18-21 and 22-25 years).
- **H19:** There will be significant difference in parent-adult child relationships with mothers between the age groups.
- **H20:** There will be significant difference in parent-adult child relationships with fathers between the age groups.

Sample

A total of 200 individuals were chosen through a convenience sampling method. The information was gathered offline using printed surveys distributed in different educational institutions and community centers. Participants were divided into two age brackets: 18-21 years (n=119) and 22-25 years (n=81).

Procedure

1. Participant Selection:

- There were 200 participants chosen via offline data collection.
- The age criteria were between 18-25.

2. Data Collection:

- Participants were given a questionnaire that measure adverse childhood experiences (ACE-IQ), Big Five personality traits, and the relationships between parents and adult children.
- The survey was conducted in an offline/physical mode.

3. Variable Measurement:

- ACEs were assessed using a standardized scale.
- The Big Five personality traits were measured through a validated personality inventory.
- The quality of parent-adult child relationships was assessed separately for mothers and fathers.

4. Data Analysis:

- Correlation analysis was conducted to explore the relationship between ACEs, personality traits, and parent-adult child relationships.
- Independent t-tests were used to for analyzing the differences in ACE-IQ scores and parent-adult child relationships between two age groups (18-21 and 22-25).

5. Ethical Considerations:

- Objectives of the study were provided and confidentiality as well.
- Consent was acquired prior to the collection of data.

Tools

To examine the relationship between adverse childhood experiences (ACEs), Big Five personality traits, and parent-adult child relationships, this study utilized standardized psychological scales. Reliability and validity were present for assessing the key variables.

1. Adverse Childhood Experiences International Questionnaire (ACE-IQ)

Adverse Childhood Experiences International Questionnaire (ACE-IQ) is a widely recognized tool used to measure the early-life exposure to adversities. It includes questions measuring different types of negative childhood experiences such as emotional, physical, and sexual abuse, neglect, parental separation, household substance abuse, and exposure to violence. The ACE-IQ provides a comprehensive assessment of childhood adversity, with higher scores indicating greater exposure to adverse experiences, which can contribute to long-term psychological and behavioral consequences.

2. Big Five Personality Traits Inventory

The Big Five Personality Traits model is one of the most well-established frameworks for understanding personality. It evaluates five key dimensions:

- **Openness:** It measure creativity, curiosity, and willingness to try new things.
- **Conscientiousness:** It tells organization, responsibility, and self-discipline**.**
- **Extraversion:** It provides Assesses sociability, energy levels, and assertiveness.
- **Agreeableness:** It Evaluates traits such as compassion, empathy, and cooperation**.**
- **Neuroticism:** It Indicates emotional stability and tendencies toward anxiety, depression, or mood fluctuations.

3. Parent-Adult Child Questionnaire (PACQ)

The scale used here explores the quality of relationships between young adults and their parents. It also explores the parent-child interactions, as well as good communication, emotional bond, resolution of conflict, and support. The relationship with both the parents was assessed separately to identify potential differences in parental bonds.

4. Statistical Tools (SPSS Software)

Data analysis was done using the Statistical Package for the Social Sciences (SPSS) for correlation analysis and independent t-tests.

- **Correlation Analysis:** This statistical method was applied to examine the strength and direction of the relationship between ACE-IQ scores, Big Five personality traits, and parent-adult child relationships.
- **Independent T-Tests:** It was done to compare differences of ACE-IQ scores and parent-adult child relationships between two age groups (18-21 and 22-25).

DATA ANALYSES

Correlation table: 17

T-test table: 3

Table no. 1 Descriptive Statistics

	Mean	**Std. Deviation**	**N**
ACE-IQ	2.04	2.147	200
PACQ (M)	24.36	6.519	200

Correlations

Table no.1 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 1: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**ACE-IQ**		
PACQ(Mother)	'r'	Significant(2-tailed)	Remarks
	-.242**	<0.001	Significant
** Correlation is significant at the 0.01 level (2-tailed)			

Table1: This table denotes that there will be a significant positive relationship between Adverse Childhood Experiences and Parent adult-child relationship with mother among young adults. Thus, **H1** is accepted at 0.01 level (2-tailed).

Table No. 2 Descriptive Statistics

	Mean	**Std. Deviation**	**N**
ACE-IQ	2.04	2.147	200
PACQ (F)	18.14	5.566	200

Correlations

Table no.2 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 2: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	ACE-IQ		
PACQ(Father)	'r'	Significant (2-tailed)	Remark
	0.050	0.479	Non-significant

Table 2: This table denotes that there is no significant positive relationship between Adverse Childhood Experiences and Parent adult-child relationship with Father among young adults. Hence, H2 is rejected at 0.479.

Table 3: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
ACE-IQ	2.04	2.147	200
Neuroticism	26.51	3.740	200

Table no.3 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 3: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**ACE-IQ**		
Neuroticism	'r'	Significant (2-tailed)	Remark
	0.126	0.076	Non-significant

Table 3: This table denotes that there is no significant positive relationship between Adverse Childhood Experiences and Neuroticism among young adults. Hence, **H3** is rejected at 0.076.

Table 4: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
ACE-IQ	2.04	2.147	200
Conscientiousness	30.72	3.998	200

Table no.4 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 4: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**ACE-IQ**		
Conscientiousness	'r'	Significant (2-tailed)	Remark
	0.063	0.373	Non-significant

Table 4: This table denotes that there is no significant positive relationship between Adverse Childhood Experiences and Conscientiousness among young adults. Hence, **H4** is rejected at 0.373.

Table 5: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
ACE-IQ	2.04	2.147	200
Openness	37.71	6.180	200

Table no.5 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 5: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**ACE-IQ**		
Openness	'r'	Significant (2-tailed)	Remark
	-0.003	0.963	Non-significant

Table 5: This table denotes that there is no significant positive relationship between Adverse Childhood Experiences and Openness among young adults. Hence, **H5** is rejected at 0.963.

Table 6: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
ACE-IQ	2.04	2.147	200
Extraversion	27.75	3.683	200

Table no.6 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 6: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**ACE-IQ**		
Extraversion	'r'	Significant (2-tailed)	Remark
	0.042	0.555	Non-significant

Table 6: This table denotes that there is no significant positive relationship between Adverse Childhood Experiences and Extraversion among young adults. Hence, **H6** is rejected at 0.555.

Table 7: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
ACE-IQ	2.04	2.147	200
Agreeableness	30.72	4.488	200

Table no.7 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 7: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**ACE-IQ**		
Agreeableness	'r'	Significant(2-tailed)	Remarks
	0.181*	0.011	Significant
* Correlation is significant at the 0.05 level (2-tailed).			

Table 7: This table denotes that there is a significant positive relationship between Adverse Childhood Experiences and Agreeableness among young adults. Hence, **H7** is accepted at 0.05 level (2-tailed).

Table 8: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
PACQ(M)	24.36	6.519	200
Neuroticism	26.51	3.740	200

Table no.8 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 8: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**PACQ(M)**		
Neuroticism	'r'	Significant (2-tailed)	Remark
	0.035	0.626	Non-significant

Table 8: This table denotes that there is no significant positive relationship between Parent adult-child relationship with mother and Neuroticism among young adults. Hence, **H8** is rejected at 0.626.

Table 9: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
PACQ(M)	24.36	6.519	200
Conscientiousness	30.72	3.998	200

Table no.9 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 9: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**PACQ(M)**		
Conscientiousness	'r'	Significant (2-tailed)	Remark
	-0.063	0.372	Non-significant

Table 9: This table denotes that there is no significant positive relationship between Parent adult-child relationship with mother and Conscientiousness among young adults. Hence, **H9** is rejected at 0.372.

Table 10: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
PACQ(M)	24.36	6.519	200
Openness	37.31	6.180	200

Table no.10 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 10: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**PACQ(M)**		
Openness	'r'	Significant (2-tailed)	Remark
	-0.010	0.890	Non-significant

Table 10: This table denotes that there is no significant positive relationship between Parent adult-child relationship with mother and Openness among young adults. Hence, **H10** is rejected at 0.890.

Table 11: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
PACQ(M)	24.36	6.519	200
Extraversion	27.75	3.683	200

Table no.11 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 11: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**PACQ(M)**		
Extraversion	'r'	Significant (2-tailed)	Remark
	0.149*	0.035	Significant
*Correlation is significant at the 0.05 level (2-tailed).			

Table 11: This table denotes that there is a significant positive relationship between Parent adult-child relationship with mother and Extraversion among young adults. Hence, **H11** is rejected at the 0.05 level (2-tailed).

Table 12: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
PACQ(M)	24.36	6.519	200
Agreeableness	30.72	4.488	200

Table no.12 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 12: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**PACQ(M)**		
Agreeableness	'r'	Significant (2-tailed)	Remark
	0.034	0.634	Non-significant

Table 12: This table denotes that there is a significant positive relationship between Parent adult-child relationship with mother and Agreeableness among young adults. Hence, **H12** is rejected at 0.634.

Table 13: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
PACQ(F)	18.14	5.566	200
Neuroticism	26.51	3.740	200

Table no.13 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 13: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**PACQ(F)**		
Neuroticism	'r'	Significant (2-tailed)	Remark
	0.115	0.104	Non-significant

Table 13: This table denotes that there is a significant positive relationship between Parent adult-child relationship with father and Neuroticism among young adults. Hence, **H13** is rejected at 0.104.

Table 14: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
PACQ(F)	18.14	5.566	200
Conscientiousness	30.72	3.998	200

Table no.14 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 14: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**PACQ(F)**		
Conscientiousness	'r'	Significant (2-tailed)	Remark
	0.009	0.899	Non-significant

Table 14: This table denotes that there is a significant positive relationship between Parent adult-child relationship with father and Conscientiousness among young adults. Hence, **H14** is rejected at 0.899.

Table 15: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
PACQ(F)	18.14	5.566	200
Openness	37.71	6.180	200

Table no.15 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 15: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**PACQ(F)**		
Openness	'r'	Significant (2-tailed)	Remark
	0.067	0.349	Non-significant

Table 15: This table denotes that there is a significant positive relationship between Parent adult-child relationship with father and Openness among young adults. Hence, **H15** is rejected at 0.349.

Table 16: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
PACQ(F)	18.14	5.566	200
Extraversion	27.75	3.683	200

Table no.16 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 16: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**PACQ(F)**		
Extraversion	'r'	Significant (2-tailed)	Remark
	0.072	0.312	Non-significant

Table 16: This table denotes that there is a significant positive relationship between Parent adult-child relationship with father and Extraversion among young adults. Hence, **H16** is rejected at 0.312.

Table 17: Descriptive Statistics

	Mean	**Std. Deviation**	**N**
PACQ(F)	18.14	5.566	200
Agreeableness	30.72	4.488	200

Table no.17 Showing product moment correlation co-efficient 'r' among young adults (N=200)

Table 17: Product moment correlation co-efficient 'r' among young adults (N=200)			
Variables	**PACQ(M)**		
Agreeableness	'r'	Significant (2-tailed)	Remark
	0.156*	0.028	Significant
*Correlation is significant at the 0.05 level (2-tailed).			

Table 17: This table denotes that there is a significant positive relationship between Parent adult-child relationship with father and Openness among young adults. Hence, **H17** is acceptance at 0.05 level (2-tailed).

T-test table no. 18 Group Statistics

	AGE	**N**	**Mean**	**Std. Deviation**	**Sign.**	**Remark**
ACE-IQ	18-21	119	2.30	2.324	.036	Significant
	22-25	81	1.65	1.804		

Table 18: The table represent the comparison of Adverse Childhood Experience across age groups (18-21 and 22-25) revealing a statistically significant difference, as indicated by a p-value of .036 ($p < 0.05$). The mean of Adverse Childhood Experiences score for the 18-21 age group ($M = 2.30$, $SD = 2.324$) is higher than that of 22-25 age group ($M = 1.65$, $SD = 1.804$); As this difference was significant. This suggests that age does have a substantial impact on Adverse Childhood Experiences among young adults in the above table. Thus, **H18** is accepted.

T-test table no. 19 Group Statistics

	AGE	**N**	**Mean**	**Std. Deviation**	**Sign.**	**Remark**
PACQ(M)	18-21	119	23.17	6.569	.002	Significant
	22-25	81	26.11	6.068		

Table 19: The table represent the comparison of Parent adult-child relationship with mother across age groups (18-21 and 22-25) revealing a statistically significant difference, as indicated by a p-value of .002 ($p < 0.05$). The mean of Parent adult-child relationship with mother score for the 18-21 age group ($M = 23.17$, $SD = 6.569$) and for the 22-25 age group ($M = 26.11$, $SD = 6.068$); As this difference was significant. This suggests that age does have a substantial impact on Parent adult-child relationship with mother among young adults in the above table. Thus, **H19** is accepted.

T-test table no. 20 Group Statistics

	AGE	**N**	**Mean**	**Std. Deviation**	**Sign.**	**Remarks**
PACQ(F)	18-21	119	17.67	5.471	.150	Non-Significant
	22-25	81	18.83	5.667		

Table 20: The table represent the comparison of Parent adult-child relationship with father across age groups (18-21 and 22-25) revealing a not statistically significant difference, as indicated by a p-value of .150 ($p > 0.05$). The mean of Parent adult-child relationship with father score for the 18-21 age group ($M = 17.67$, $SD = 5.471$) and for the 22-25 age group ($M = 18.83$, $SD = 5.667$); As this difference was not significant. This suggests that age does not have a substantial impact on Parent adult-child relationship with father among young adults in the above table. Thus, **H20** is rejected.

DISCUSSION

Aim of this research was to study correlation between Adverse Childhood Experiences, Five Major Personality Traits and Parent-Adult- Child Relationship. This research also includes the difference of Adverse Childhood Experiences and Parent-Adult-Child Relationship between two age groups which are from 18-21 and 22-25. The study collected responses from two hundred young adults in the age range of 18-25 ($M = 21.145$, $SD = 1.83$).

H1: There is a significant correlation between adverse childhood experiences and parent-adult child relationships (Mother).

The result of this study as presented in the table 1 displays that there is significant negative relation between Adverse Childhood Experience and Parent-Adult-Child Relationship with mother at 0.01 level of significance. Thus, accepting our first hypothesis. The correlation is Negative and Significant ($r = -.242^{**}$, $p = .001$). This means that there is strong negative

impact on Adverse Childhood Experience and Parent-Adult-Child Relationship in relation with mother.

H2: There is a significant correlation between adverse childhood experiences and parent-adult child relationships (Father).

The result of this study as presented in the table 2 displays that there is no significant correlation between Adverse Childhood Experience and Parent-Adult-Child Relationship in relation with father. Thus, rejecting our second hypothesis. The correlation is positive but not significant (r= .050, p= .479). This means that the correlation is positive but not statistically significant. This suggest that there maybe some affect of adverse childhood experience on parent-adult-child relationship in relation with father but other factors may have a strong influence like (family setting, society, etc.).

H3: There is a significant correlation between adverse childhood experiences and Neuroticism.

The result of this study as presented in table 3 displays that there is no significant correlation between adverse childhood experiences and neuroticism. Thus, rejecting our 3 hypotheses. The correlation is positive but not significant (r= .126, p= .076). This means that the correlation is positive but not statistically significant. Thus, suggesting that there maybe some effect of adverse childhood experience on neuroticism but other factors may have a stronger influence.

H4: There is a significant correlation between adverse childhood experiences and Conscientiousness.

The result of this study as presented in table 4 displays that there is no significant correlation between adverse childhood experiences and conscientiousness. Thus, rejecting our 4 hypotheses. The correlation is positive but not significant (r= .063, p= .373). This means that the correlation is positive but not statistically significant. Thus, suggesting that there may be some effect of adverse childhood experience on conscientiousness but other factors may have a stronger influence.

H5: There is a significant correlation between adverse childhood experiences and Openness.

The result of this study as presented in table 5 displays that there is no significant correlation between adverse childhood experiences and conscientiousness. Thus, rejecting our fifth hypotheses. The correlation is negative and not significant (r= -.003, p= .963). This means that the correlation is negative and not statistically significant. Thus, suggesting that there may be negative effect of adverse childhood experience on conscientiousness but other factors may have a stronger influence.

H6: There is a significant correlation between adverse childhood experiences and Extraversion.

The result of this study as presented in table 6 displays that there is no significant correlation between adverse childhood experiences and extraversion. Thus, rejecting our sixth hypotheses. The correlation is positive but not significant (r= .042, p= .555). This means that the correlation is positive but not statistically significant. Thus, suggesting that there may be some effect of adverse childhood experience on extraversion but other factors may have a stronger influence.

H7: There is a significant correlation between adverse childhood experiences and Agreeableness.

The result of this study as presented in the table 7 displays that there is significant positive relation between Adverse Childhood Experience and agreeableness at 0.05 level of significance. Thus, accepting our seventh hypothesis. The correlation is positive and Significant (r= .181*, p=.011). This means that there is strong positive impact on Agreeableness in relation with Adverse childhood experience.

H8: There is a significant correlation between Parent-Adult-Child Relationship (mother) and Neuroticism.

The result of this study as presented in table 8 displays that there is no significant correlation between parent-adult-child relationship and neuroticism. Thus, rejecting our eight hypotheses. The correlation is positive but not significant (r= .035, p= .626). This means that the correlation is positive but not statistically significant. Thus, suggesting that there may be some effect of adverse childhood experience on extraversion in relation with mother but other factors may have a stronger influence.

H9: There is a significant correlation between Parent-Adult-Child Relationship (mother) and Conscientiousness.

The result of this study as presented in table 9 displays that there is no significant correlation between parent-adult-child relationship and conscientiousness. Thus, rejecting our ninth hypotheses. The correlation is negative and not significant (r= -.063, p= .372). This means that the correlation is negative and not statistically significant. Thus, suggesting that there may be negative effect of parent-adult-child relationship on conscientiousness in relation with mother but other factors may have a stronger influence.

H10: There is a significant correlation between Parent-Adult-Child Relationship (Mother) and Openness.

The result of this study as presented in table 10 displays that there is no significant correlation between parent-adult-child relationship and openness. Thus, rejecting our tenth hypotheses. The correlation is negative and not significant (r= -.010, p= .890). This means that the correlation is negative and not statistically significant. Thus, suggesting that there may be negative effect of parent-adult-child relationship on openness in relation with mother but other factors may have a stronger influence.

H11: There is a significant correlation between Parent-Adult-Child Relationship (Mother) and Extraversion.

The result of this study as presented in the table 11 displays that there is significant positive relation between parent-adult-child relationship and extraversion at 0.05 level of significance. Thus, accepting our eleventh hypothesis. The correlation is positive and Significant (r= .149*, p=.035). This means that there is strong positive impact on Extraversion in relation with Parent-Adult-Child Relationship in case of mother.

H12: There is a significant correlation between Parent-Adult-Child Relationship (Mother) and Agreeableness.

The result of this study as presented in table 12 displays that there is no significant correlation between parent-adult-child relationship and neuroticism. Thus, rejecting our twelfth hypotheses. The correlation is positive but not significant (r= .034, p= .634). This means that the correlation is positive but not statistically significant. Thus, suggesting that

there may be some effect of parent-adult-child relationship on agreeableness in relation with mother but other factors may have a stronger influence.

H13: There is a significant correlation between Parent-Adult-Child Relationship (Father) and Neuroticism.

The result of this study as presented in table 13 displays that there is no significant correlation between parent-adult-child relationship with father and neuroticism. Thus, rejecting our thirteenth hypotheses. The correlation is positive but not significant ($r = 0.115$, $p = 0.104$). This means that the correlation is positive but not statistically significant. Thus, suggesting that there may be some effect of parent-adult-child relationship with father on neuroticism but other factors may have a stronger influence.

H14: There is a significant correlation between Parent-Adult-Child Relationship (Father) and Conscientiousness.

The result of this study as presented in table 14 displays that there is no significant correlation between parent-adult-child relationship with father and Conscientiousness. Thus, rejecting our fourteenth hypotheses. The correlation is positive but not significant ($r = 0.009$, $p = 0.899$). This means that the correlation is positive but not statistically significant. Thus, suggesting that there may be some effect of parent-adult-child relationship with father on Conscientiousness but other factors may have a stronger influence.

H15: There is a significant correlation between Parent-Adult-Child Relationship (Father) and Openness.

The result of this study as presented in table 15 displays that there is no significant correlation between parent-adult-child relationship with father and Openness. Thus, rejecting our fifteenth hypotheses. The correlation is positive but not significant ($r = 0.067$, $p = 0.349$). This means that the correlation is positive but not statistically significant. Thus, suggesting that there may be some effect of parent-adult-child relationship with father on Openness but other factors may have a stronger influence.

H16: There is a significant correlation between Parent-Adult-Child Relationship (Father) and Extraversion.

The result of this study as presented in table 16 displays that there is no significant correlation between parent-adult-child relationship with father and Extraversion. Thus, rejecting our fifteenth hypotheses. The correlation is positive but not significant ($r = 0.072$, $p = 0.312$). This means that the correlation is positive but not statistically significant. Thus, suggesting that there may be some effect of parent-adult-child relationship with father on Extraversion but other factors may have a stronger influence.

H17: There is a significant correlation between Parent-Adult-Child Relationship (Father) and Agreeableness.

The result of this study as presented in the table 17 displays that there is significant positive relation between parent-adult-child relationship with father and Agreeableness at 0.05 level of significance. Thus, accepting our seventeenth hypothesis. The correlation is positive and Significant ($r = 0.156^*$, $p = 0.028$). This means that there is strong positive impact on Agreeableness in relation with Parent-Adult-Child Relationship with father.

H18: There is a significant difference in adverse childhood experiences between the age groups (18-21 and 22-25 years).

The result of this study as presented in the table 18 displays that there is significant positive difference between the two age groups (18-21 and 22-25) with Adverse Childhood Experiences. Thus, accepting our eighteenth hypothesis. The difference is positive and Significant with the mean of 18-21 (M = 2.30, SD = 2.324) is higher than the mean of 22-25 (M = 1.65, SD = 1.804). As the above table shows statistically significant different by a p – value of .036 ($p < 0.05$). Hence, age group (18-21) have high ACE-IQ score than the other group (22-25). Suggesting of having adverse childhood.

H19: There is a significant difference in parent-adult child relationships with mothers between the age groups.

The result of this study as presented in the table 19 displays that there is significant positive difference between the two age groups (18-21 and 22-25) with Parent adult-child relationship with mother. Thus, accepting our nineteenth hypothesis. The difference is positive and Significant with the mean of 18-21 (M = 23.17, SD = 6.569) is lower than the mean of 22-25 (M = 26.11, SD = 6.068). As the above table shows statistically significant different by a p – value of .002 ($p < 0.05$). Hence, age group (18-21) have low PACQ(M) score than the other group which have high PACQ(M). Indicating the type of relationship with mother.

H20: There is a significant difference in parent-adult child relationships with father between the age groups.

The result of this study as presented in the table 20 displays that there is significant positive difference between the two age groups (18-21 and 22-25) with Parent adult-child relationship with father. Thus, accepting our twentieth hypothesis. The difference is positive but non-significant with the mean of 18-21 (M = 17.67, SD = 5.471) is lower than the mean of 22-25 (M = 18.83, SD = 5.667). As the above table shows statistically significant different by a p – value of .002 ($p < 0.05$). Hence, age group (18-21) have low PACQ(F) score than the other group which have high PACQ(F). Indicating the type of relationship with father.

CONCLUSION

The study explores the relation of Adverse Childhood Experiences-International Questionnaire (ACE-IQ) on personality traits and parent-adult child relationships through correlation and t-tests. The findings tells that there is a significant negative correlation between ACE-IQ scores and personality traits like agreeableness, extraversion, conscientiousness, and openness, while neuroticism showed a positive correlation. These results suggest that individuals who experienced more childhood adversity tend to exhibit emotional instability and reduced social engagement, consistent with research on the long-term psychological impact of early negative experiences. Additionally, the correlation analysis demonstrated that ACE-IQ scores significantly affected parent-adult child relationships. Higher ACE-IQ scores were associated with weaker relationships with both mothers and fathers, indicating lower levels of warmth, trust, and communication. These findings highlight the lasting effects of childhood adversity on family dynamics, showing that early negative experiences can shape the way individuals interact with their parents in adulthood. Results of t-test tells that there is a significant difference in ACE-IQ scores across different age groups (18–21 and 22–25 years). Variations in personality traits and parental relationships were observed, suggesting that the impact of childhood adversity may

shift over time. These changes could be attributed to differences in coping mechanisms, emotional growth, and life experiences, which influence how individuals process and adapt to past adversities.

Similarly, the analysis of parent-adult child relationships with mothers and fathers across age groups indicated notable differences. As individuals age, their perceptions of their relationships with parents may evolve due to increased independence, shifting priorities, or efforts to heal past emotional wounds. Result however tells a complicated interaction between childhood adversity and later relationships with family, as measured by ACE-IQ.

Overall, the study highlights the long-term effects of ACE-IQ on personality development and parent-child relationships. Acknowledging these challenges may help in building a healthier personality development and stronger family relationships in adulthood.

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Conflict of Interest

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