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INVESTIGATION OF THE CORRELATION BETWEEN CHILDHOOD TRAUMA, PSYCHOLOGICAL WELL-BEING, AND ALTRUISTIC FEAR OF CRIME OF MOTHERS WITH CHILDREN AGED THREE TO SIX YEARS

Abstract: Childhood is the period during which physical and mental development is extremely rapid from the first years of life. Furthermore, many basic factors affecting the future lives of individuals start to be shaped. The child's future life, psychological well-being, and quality of life are negatively affected by the exposure to unwanted situations by the family or the environment during this period. As a matter of fact, behavior patterns exhibited by individuals during adulthood are thought to be correlated with childhood traumas. Thus, this study aimed to investigate the relationship between the altruistic fear of crime, psychological well-being, and childhood traumas among mothers with children aged three to six years. A cross-sectional correlation research design was used for this study. The sample of the study consisted of 214 volunteer mothers, whose children were attending a private preschool education institution in the city center of Gumushane province of Turkey during the 2019/2020 academic year. The research data were collected using "Personal Information Form", "Childhood Trauma Questionnaire", "Altruistic Fear of Crime Scale" and "Psychological Well-being Scale". Data were analyzed using t-test, ANOVA, and correlation analysis. The results of the research showed that the age of the mothers, birth order, presence of any family member receiving psychological support, and marital satisfaction caused significant differences. Furthermore, scores obtained from "Personal Information Form", "Childhood Trauma Questionnaire", "Altruistic Fear of Crime" and "Psychological Well-being Scale" were found to be significantly correlated.

Keywords: Childhood Traumas, Psychological Well-being, Altruistic Fear of Crime.

1. Introduction

Starting from the first days of life, individuals tend to establish social relationships with the people around them. They are dependent on the person, who is responsible for their care, to meet their needs, particularly during infancy and early childhood (Bruhn, 2010; Isgor, 2017). The relationships that the individual has established during childhood must be reliable (Roothman, Kirsten & Wissing, 2003) for the individual to develop a sense of attachment. Attachment can influence the relationships that continue from an early age until the end of

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life (Medrano et al., 2002). Relationships established during childhood have cognitive, spiritual, physical, and emotional effects (Ryff & Singer, 2008).

Adverse events or traumas experienced by individuals during childhood negatively affect both the childhood and later life of the individual (Medrano et al., 2002). Traumas are undesirable situations that can cause physical and mental harm to the individual, disrupt the integrity of the individual, and significantly differentiate attitudes and behaviors (Gopalakrishnan & Sundram, 2014). Traumas experienced particularly in early years and critical periods of development can lead to greater and permanent effects on individuals. Sexual, emotional, or physical abuse and neglect are among the types of trauma that children are exposed to during childhood (Vozmediano et al., 2017). Many studies have reported that neglect and abusive behaviors have the same negative effects on individuals (Ozen, 2010; Yildiz, 2020). Negative situations and traumas experienced by individuals can cause altruistic fear of crime in individuals and damage their psychological well-being (Oymak, 2017; Talu & Avci, 2019).

Psychological well-being refers to the individual's experience, functionality, and life satisfaction (Portnova & Sivolap, 2017). The absence of negative emotions is one of the indicators of psychological well-being (Martha et al., 2002; Ozmete, 2016). People with high psychological well-being can establish healthy communication and relationship with others. The behavioral, cognitive, and social well-being of the individual is expressed with the concept of psychological well-being (Roothman, Kirsten & Wissing, 2003). Psychological well-being has positive effects on life satisfaction (Tuzgol Dost, 2004). Individuals with high psychological well-being can be happy, hopeful, positive, optimistic, successful, and self-confident (Oymak, 2017). The presence of psychological well-being in individuals ensures the development of positive characteristics in the individual, including self-acceptance, the ability to make his/her own decisions and to organize relations with people around him/her, having a purpose in life, and self-development (Christopher, 1999; Ryff & Singer, 2008).

Perceiving childhood traumas according to individual characteristics and being affected by them may also vary (Bruhn, 2010; Christopher, 1999; Isgor, 2017). Therefore, abusive behaviors or neglect that are considered to be risk factors cannot be generalized (Medrano et al., 2002). The literature review has shown that childhood traumas negatively affect the individual in psychological terms. Therefore, this study aimed to reveal the correlation between childhood traumas, psychological well-being, and altruistic fear of crime of mothers with children aged three to six years. Also, it is aimed to reveal significant differences according to research variables. Answers to the following subproblems in the research were sought:

1. Is there a significant difference between the age variable and the childhood traumas, psychological well-being, and altruistic fear of crime?
2. Is there a significant difference between the presence of any family member receiving psychological support and childhood traumas, psychological well-being, and altruistic fear of crime?
3. Is there a significant difference between the birth order and the childhood traumas, psychological well-being, and altruistic fear of crime?
4. Is there a significant difference between marital satisfaction and childhood traumas, psychological well-being, and altruistic fear of crime?
5. Is there a significant correlation between childhood traumas, psychological well-being, and altruistic fear of crime?

2. Method

2.1.1. Model

This study aimed to investigate the relationship between the altruistic fear of crime, psychological well-being, and childhood traumas among mothers with children aged three to six years. A cross-sectional correlation research design, which was one of the general survey models within the quantitative research methods, was used for this study. A general survey model is a research approach that aims to define the individuals or objects included in the study as they exist under their own conditions. In cross-sectional studies, any event is investigated within a specific time period (Karadag, 2010).

2.1.2. Population and Sample

The study population consisted of mothers, whose children were attending a private preschool education institution in the city center of Gumushane province of Turkey during the 2019/2020 academic year. Sampling was made through the accessible sampling method. A total of 214 mothers voluntarily participated in the study. Scales were sent and applied through the electronic environment.

2.1.3. Data Collection Tools

Data were collected using "Personal Information Form", "Childhood Trauma Questionnaire", "Psychological Well-being Scale", and "Altruistic Fear of Crime Scale".

Personal Information Form. This form consisted of questions about the mothers' age, educational status, birth order, presence of any family member receiving psychological support, and general marital satisfaction. The personal information form is prepared by the researcher.

Childhood Trauma Questionnaire. It was developed by Bernstein et al. in 1994 and adapted into Turkish by Sar, Ozturk, and Ikikardes (2012). This five-point Likert-type scale consists of 28 items and five sub-dimensions (Physical abuse, emotional abuse, sexual abuse, physical neglect, and emotional neglect). Cronbach's alpha reliability coefficient of the overall scale was found to be .88, and it was evaluated according to sub-dimensions.

Psychological Well-Being Scale. It was developed by Diener, Scollon and Lucas (2009) and adapted into Turkish by Telef (2013). The scale consists of eight items, each being scored from 1 to 5. It is of a single-factor structure. The reliability coefficient of the scale (Cronbach's alpha value) was found to be .87.

Altruistic Fear of Crime Scale. This five-point Likert type scale, which was developed by Talu and Avci (2019), consists of 20 items and is of single-factor structure. The explained total variance of the scale was 51.43% and the Cronbach's Alpha value was .92.

2.1.4. Statistical Analysis

Research data were analyzed using quantitative data analysis methods. The data were analyzed using SPSS version 24 software. Parametric statistical methods were used since the data were observed to be normally distributed (Buyukozturk, 2012). In this regard, t-tests, ANOVA, and correlation analyses were used.

3. Results

Table 1. Distribution of Mothers by Age and Educational Status Variables

		Frequency	Percentage
Age	19–24	7	3.3
	25–30	59	27.6
	31–35	89	41.6
	36–40	43	20.1
	≥ 41	16	7.5
Educational Level	Primary school graduate	15	7.0
	Secondary school graduate	29	13.6
	High school graduate	37	17.3
	University graduate	133	62.1
	Total	214	100.0

Assessment of the age distribution showed that 3.3%, 27.6%, 41.6%, and 20.1% of mothers participating in the research were within the age group of 19–24 years, 25–30 years, 31–35 years, and 36–40 years, respectively, whereas 7.5% were found to be ≥ 41 years of age. Of the mothers, 7% were found to be primary school graduates, 13.6% secondary school, 17.3% high school, and 62.1% university graduates.

Table 2. Comparison of Mothers' Childhood Traumas, Altruistic Fear of Crime, and Psychological Well-Being Scores by Age Variable

	Age	N	X	SD	sd	F/t	P
CTQ-Emotional Abuse	19–24 years	7	5.29	0.488			
	25–30 years	59	6.42	2.581			
	31–35 years	89	7.42	2.903	4	2.517	.043
	36–40 years	43	6.44	1.843			
	≥ 41 years	16	6.38	2.705			
	Total	214	6.80	2.608			
CTQ-Physical Abuse	19–24 years	7	5.00	0.000			
	25–30 years	59	5.42	0.675			
	31–35 years	89	5.84	1.278	4	3.214	.014
	36–40 years	43	5.51	1.055			
	≥ 41 years	16	5.13	0.342			
	Total	214	5.58	1.044			
CTQ-Physical Neglect	19–24 years	7	7.43	0.787			
	25–30 years	59	8.97	3.459			
	31–35 years	89	8.01	2.794	4	2.414	.050
	36–40 years	43	7.60	2.709			
	≥ 41 years	16	6.94	1.731			
	Total	214	8.09	2.922			
CTQ-Sexual Abuse	19–24 years	7	5.00	0.000			
	25–30 years	59	5.61	1.992			
	31–35 years	89	6.03	2.086	4	3.258	.013
	36–40 years	43	5.23	0.718			
	≥ 41 years	16	7.13	3.845			
	Total	214	5.80	2.067			
Psychological Well-Being	19–24 years	7	50.71	.487	4		
	25–30 years	59	45.13	8.402		2.222	.068
	31–35 years	89	47.91	8.074			
	36–40 years	43	47.23	5.480			

	≥ 41 years	16	43.56	11.488			
	Total	214	46.77	7.999			
Altruistic Fear of Crime	19–24 years	7	27.42	2.699			
	25–30 years	59	28.11	6.406			
	31–35 years	89	30.46	8.090	4	1.779	.134
	36–40 years	43	31.51	7.225			
	≥ 41 years	16	30.18	5.867			
	Total	214	29.90	7.272			

The comparison of scores obtained from the Childhood Trauma Questionnaire according to the age variable was performed using ANOVA. The analysis showed that there was a significant difference between mothers in different age groups ($p \leq 0.05$). As a result of the Tukey test, scores obtained by the mothers aged 31–35 years from emotional abuse, physical abuse, and sexual abuse subscales were found to be significantly higher than those of mothers in the age groups of 25–30 and 36–40 years. Physical neglect scores of mothers aged 25–30 years were found to be significantly higher than those of mothers in the age groups of 31–35 and 36–40 years. There was no significant difference between age groups in terms of the scores obtained from altruistic fear of crime and psychological well-being scales ($p > 0.05$).

Table 3. Comparison of Mothers' Childhood Traumas, Altruistic Fear of Crime And Psychological Well-Being Scores by The 'Presence of Any Family Member Receiving Psychological Support' Variable

	Did any of your family members receive psychological support?	N	X	SD	sd	F	P
CTQ-Emotional Abuse	My mother received psychological support	18	9.67	3.308			
	My father received psychological support	8	7.13	1.885			
	My brother/sister received psychological support	4	7.00	1.414	3	9.030	.000
	None of my family members received psychological support	184	6.50	2.414			
	Total	214	6.80	2.608			
CTQ-Emotional Neglect	My mother received psychological support	18	13.11	2.928			
	My father received psychological support	8	16.25	5.007			
	My brother/sister received psychological support	4	12.00	4.000	3	15.695	.000
	None of my family members received psychological support	184	9.60	3.283			
	Total	214	10.19	3.669			
CTQ-Sexual Abuse	My mother received psychological support	18	7.28	3.322			
	My father received psychological support	8	8.00	2.777			
	My brother/sister received psychological support	4	6.50	1.000	3	7.836	.000
	None of my family members received psychological support	184	5.55	1.770			
	Total	214	5.80	2.067			
CTQ-Overprotection-Overcontrol	My mother received psychological support	18	5.17	1.654			
	My father received psychological support	8	3.00	1.690	3	13.027	.000

		My brother/sister received psychological support	4	2.25	0.500			
		None of my family members received psychological support	184	3.43	1.167			
		Total	214	3.54	1.327			
Psychological Well-Being Scale		My mother received psychological support	18	43.11	6.650			
		My father received psychological support	8	40.50	6.481			
		My brother/sister received psychological support	4	52.00	5.228	3	3.877	.010
		None of my family members received psychological support	184	47.29	8.026			
		Total	214	46.78	8.000			
Altruistic Fear of Crime		My mother received psychological support	18	26.55	3.399			
		My father received psychological support	8	29.25	1.908			
		My brother/sister received psychological support	4	25.50	1.914	3	2.052	.108
		None of my family members received psychological support	184	30.35	7.650			
		Total	214	29.90	7.272			

The comparison of the scores obtained from the Childhood Trauma Questionnaire according to the ‘presence of any family member receiving psychological support’ variable was performed using ANOVA. A significant difference was observed as a result of the analysis ($p \leq .05$). Tukey test showed that women whose mothers had received psychological support were found to have higher scores on emotional abuse, emotional neglect, sexual abuse, and overprotection-overcontrol subscales compared to those who had no family members receiving psychological support. When the Psychological Well-Being Scale results were evaluated, those who had no family members receiving psychological support were found to have higher psychological well-being compared to participants whose mothers had received psychological support. There was no significant difference between the groups in terms of the scores obtained from the altruistic fear of the crime scale ($p > .05$).

Table 4. Comparison of Mothers' Childhood Traumas, Altruistic Fear of Crime, and Psychological Well-Being Scores by the Birth Order Variable

	Ordinal Position Among the Children in the Family	N	X	SD	sd	F	P
CTQ-Emotional Abuse	1	82	7.18	2.846			
	2	67	6.42	2.097			
	3	30	7.67	3.437	4	3.006	.019
	4	11	6.45	1.809			
	5 and above	24	5.63	1.439			
	Total	214	6.80	2.608			
CTQ-Physical Abuse	1	82	5.78	1.217			
	2	67	5.51	1.092			
	3	30	5.70	0.794	4	2.609	.037
	4	11	5.27	0.467			
	5 and above	24	5.08	0.282			
	Total	214	5.58	1.044			

CTQ-Physical Neglect	1	82	7.80	3.109	4	3.211	.014
	2	67	7.57	2.401			
	3	30	9.47	3.159			
	4	11	9.55	1.635			
	5 and above	24	8.17	3.185			
	Total	214	8.09	2.922			
CTQ-Emotional Neglect	1	82	10.45	3.969	4	.318	.866
	2	67	10.01	3.748			
	3	30	10.40	3.001			
	4	11	9.55	2.583			
	5 and above	24	9.79	3.718			
	Total	214	10.19	3.669			
CTQ-Sexual Abuse	1	82	5.99	2.058	4	.704	.590
	2	67	5.85	2.265			
	3	30	5.40	1.037			
	4	11	5.18	0.405			
	5 and above	24	5.83	2.823			
	Total	214	5.80	2.067			
CTQ-Overprotection-Overcontrol	1	82	3.76	1.560	4	1.856	.119
	2	67	3.36	1.124			
	3	30	3.70	1.055			
	4	11	3.64	0.674			
	5 and above	24	3.04	1.398			
	Total	214	3.54	1.327			
Psychological Well-Being Scale	1	82	46.07	7.253	4	3.241	.013
	2	67	48.54	4.640			
	3	30	47.33	7.194			
	4	11	49.36	11.111			
	5 and above	24	42.38	13.859			
	Total	214	46.78	8.000			
Altruistic Fear of Crime	1	82	30.35	7.000	4	.823	.512
	2	67	30.13	7.156			
	3	30	28.70	7.442			
	4	11	26.91	10.261			
	5 and above	24	30.63	6.858			
	Total	214	29.91	7.272			

The comparison of the scores obtained from the childhood trauma questionnaire according to the birth order was performed using ANOVA. The analysis showed that there was a significant difference in emotional abuse, physical abuse, physical neglect, and psychological well-being scale scores ($p \leq .05$). Tukey test revealed that first-borns were found to obtain higher scores on emotional abuse and physical abuse subscales compared to second-borns and the physical neglect levels were found to be higher among third- and fourth-borns compared to first- and second-borns. The psychological well-being of second-, third-, and fourth-borns were found to be higher than that of first-borns.

Table 5. Comparison of Mothers' Childhood Traumas, Altruistic Fear of Crime And Psychological Well-Being Scores by Marital Satisfaction Variable

Marital Satisfaction		N	X	SD	sd	F/t	P
CTQ-Emotional Abuse	I am very satisfied with my marriage	115	5.99	1.694	2	13.757	.000
	I am partially satisfied with my marriage	89	7.66	3.030			
	I am not satisfied with my marriage	10	8.40	4.033			
	Total	214	6.80	2.608			
CTQ-Physical	I am very satisfied with my marriage	115	5.37	0.821	2	5.035	.007

Abuse	I am partially satisfied with my marriage	89	5.81	1.167			
	I am not satisfied with my marriage	10	5.90	1.663			
	Total	214	5.58	1.044			
CTQ-Physical Neglect	I am very satisfied with my marriage	115	7.23	2.090			
	I am partially satisfied with my marriage	89	9.24	3.448	2	13.265	.000
	I am not satisfied with my marriage	10	7.90	2.807			
Total	214	8.09	2.922				
CTQ-Emotional Neglect	I am very satisfied with my marriage	115	8.77	2.791			
	I am partially satisfied with my marriage	89	11.70	3.537	2	22.919	.000
	I am not satisfied with my marriage	10	13.00	6.377			
Total	214	10.19	3.669				
CTQ-Sexual Abuse	I am very satisfied with my marriage	115	5.32	1.374			
	I am partially satisfied with my marriage	89	6.46	2.667	2	8.259	.000
	I am not satisfied with my marriage	10	5.50	0.527			
Total	214	5.80	2.067				
Psychological Well-Being Scale	I am very satisfied with my marriage	115	48.75	7.953			
	I am partially satisfied with my marriage	89	44.44	7.581	2	8.071	.000
	I am not satisfied with my marriage	10	44.90	6.624			
Total	214	46.78	8.000				
Altruistic Fear of Crime	I am very satisfied with my marriage	115	30.66	7.476			
	I am partially satisfied with my marriage	89	28.55	6.945	2	3.326	.038
	I am not satisfied with my marriage	10	33.30	5.813			
Total	214	29.91	7.272				

The comparison of scores obtained from the childhood trauma questionnaire according to the marital satisfaction variable showed that there was a significant difference between the groups ($p \leq .05$). Participants who were partially satisfied with their marriage were found to have higher levels of emotional abuse, physical abuse, physical neglect, emotional neglect, and sexual abuse compared to those who were very satisfied with their marriage. When the scores obtained from the psychological well-being scale and altruistic fear of crime scale were compared according to the marital satisfaction variable, those who were very satisfied with their marriage were found to have higher psychological well-being and lower fear of altruistic crime compared to those who were partially satisfied with their marriage.

Table 6. Correlation Between Childhood Traumas, Altruistic Fear of Crime And Psychological Well-Being Scores

		CTQ- Emotional Abuse	CTQ- Physical Abuse	CTQ- Physical Neglect	CTQ- Emotional Neglect	CTQ- Sexual Abuse	CTQ- Overprotection- Overcontrol	Psychological Well-Being Scale	Altruistic Fear of Crime
CTQ-Emotional Abuse	r	1							
	p								
	N	214							
CTQ-Physical Abuse	r	.583*	1						
	p	.000							
	N	214	214						
CTQ-Physical Neglect	r	.467*	.524*	1					
	p	.000	.000						
	N	214	214	214					
CTQ-Emotional Neglect	r	.628*	.522*	.542*	1				
	p	.000	.000	.000					
	N	214	214	214	214				
CTQ-Sexual Abuse	r	.257*	.316*	.177*	.194*	1			
	p	.000	.000	.009	.004				
	N	214	214	214	214	214			

CTQ-	r	.380*	.157*	.204*	.206*	.033	1		
Overprotection-	p	.000	.022	.003	.002	.626			
Overcontrol	N	214	214	214	214	214	214		
Psychological	r	-.187*	-.079	-.242*	-.342*	-.037	-.016	1	
Well-Being	p	.006	.248	.000	.000	.593	.821		
Scale	N	214	214	214	214	214	214	214	
Altruistic	r	-.189*	-.135*	-.135*	.112	-.154*	-.058	-.133	1
Fear	p	.006	.048	.048	.103	.024	.395	.052	
of Crime	N	214	214	214	214	214	214	214	214

*. The correlation value was considered to be significant at the 0.05 level.

The correlation between childhood traumas, altruistic fear of crime, and psychological well-being scores were investigated using correlation analysis. As a result of this analysis, a significant correlation was observed between the scores ($p \leq .05$). Considering the data presented in **Table 6**, a moderately positive significant correlation was present between the following Childhood Trauma Questionnaire sub-dimensions: physical abuse and emotional abuse; physical neglect and emotional & physical abuse; emotional neglect and emotional & physical abuse and physical neglect; sexual abuse and physical abuse; and overprotection-overcontrol and emotional abuse ($p \leq .05$). Accordingly, as the emotional neglect levels of mothers increased, their levels of physical neglect, sexual abuse, physical abuse, emotional abuse, and overprotection-overcontrol increased. Furthermore, psychological well-being scale scores were found to have a weak negative significant correlation with emotional abuse and physical neglect scores and a moderately negative significant correlation with emotional neglect scores. According to this, increasing psychological well-being decreased emotional abuse, physical neglect, and emotional neglect levels. A weak negative and significant correlation was observed between the Altruistic Fear of Crime scale scores and emotional abuse, physical abuse, physical neglect, and sexual abuse scores ($p \leq .05$). Considering that altruistic fear of crime scale scores was reverse-scored, emotional abuse, physical abuse, physical neglect, and sexual abuse levels were found to increase with the increasing altruistic fear of crime levels.

4. Discussion

The results of the present study have shown that the emotional abuse, physical abuse, and sexual abuse scores that the mothers in the age group of 31–35 years obtained from the Childhood Trauma Questionnaire were significantly higher than those of the mothers in the age group of 25–30 and 36–40 years. Furthermore, the physical neglect levels of mothers in the age group of 25–30 years have been observed to be higher compared to those in the age groups of 31–35 years and 36–40 years. On the other hand, no significant difference has been observed between age groups in terms of fear of crime and Psychological Well-Being Scale scores. In a study by Talu and Avci (2019) investigating mothers' altruistic fear of crime, altruistic fear of crime was reported to increase with the advancing age.

In the present study, it was observed that women whose mothers had received psychological support were found to have higher scores on emotional abuse, emotional neglect, sexual abuse, and overprotection-overcontrol subscales compared to those who had no family members receiving psychological support. When Psychological Well-Being Scale results were evaluated, those who had no family members receiving psychological support were found to have higher psychological well-being compared to participants whose mothers had received psychological support.

It was further shown that first-borns were found to obtain higher scores on emotional abuse and physical abuse subscales compared to second-borns and the physical neglect levels were found to be higher among third- and fourth-borns compared to first- and second-borns. When analyzed in terms of birth order, there was no significant difference in psychological well-being and altruistic fear of crime scores. Similarly, Guler (2019) concluded that the birth order did have no effect on psychological well-being. Furthermore, Gopalakrishnan and Sundram (2014) and Bruhn (2010) also reported that psychological well-being did not differ according to birth order. Yildiz (2020) and Reinherz et al. (1993) reported that third-borns had higher levels of physical and emotional abuse than first- and second-borns in childhood traumas. Therefore, it can be said that the risk of being exposed to physical, emotional, or sexual trauma by other family members increases with the increasing birth order position.

In this study, participants who were partially satisfied with their marriage were found to have higher levels of emotional abuse, physical abuse, physical neglect, emotional neglect, and sexual abuse compared to those who were very satisfied with their marriage. Those who are very satisfied with their marriage have higher psychological well-being and lower altruistic fear of crime than those who are partially satisfied.

Emotional abuse, physical abuse, physical neglect, and sexual abuse levels were observed to increase as the levels of altruistic fear of crime increased. On the other hand, a negative correlation was observed between the increase in psychological well-being levels and childhood traumas. Similarly, Celebi and Polat (2019) investigated the effects of childhood traumas on marital satisfaction and attachment styles and concluded that individuals who experienced physical traumas and emotional or sexual abuse in childhood had lower marital satisfaction levels. Furthermore, Kim and McKenry (2002) reported a negative correlation between psychological well-being and childhood traumas. In a study by Martha et al. (2002), the effects of psychological disorders and childhood traumas on attachment were investigated. The authors concluded that there was a close relationship between the current state of the individual and all dimensions of childhood traumas. In a study by Vozmediano et al. (2017), in which the effects of family type and sex on altruistic fear of crime was investigated, sex was reported to be correlated with the crime type and women's altruistic fear levels were found to be higher than men. Beydogan Tangor and Curun (2016) investigated the predictors of psychological well-being and concluded that psychological well-being level negatively affected trait anxiety whereas increased self-esteem. In a study by Adiguzel, Ozdemir and Sahin (2019) investigating the effects of childhood traumas on suicide and aggression, the authors concluded that there was a significant correlation between all sub-dimensions of the Childhood Trauma Questionnaire and violence, bipolar disorders, and addictions. Portnova and Sivolap (2017) investigated the relationship between childhood trauma and substance abuse and reported that depression, anxiety, and other disorders were affected by childhood traumas. Campbell, Walker, and Egede (2016) concluded that exposure to trauma in childhood affected the risk of being a victim of abuse and violence later in life. In a study by Yildiz (2020), the physical, emotional, and sexual abuse sub-dimensions of childhood traumas were reported to be associated with stress and depression. Twaite and Rodríguez-Srednicki (2004) stated that physical and sexual abuse were associated with stress and depression and thus, psychological well-being was negatively affected by the presence of these two factors.

5. Conclusion and Recommendations

The results of the present study are presented below.

The emotional abuse, physical abuse, and sexual abuse scores of mothers in the age group of 31–35 years are higher than those of the mothers in the age groups of 25–30 and 36–40 years whereas the physical neglect levels of mothers in the age group of 25–30 years are higher compared to the age groups of 31–35 and 36–40 years. Furthermore, women whose mothers are receiving psychological support have higher scores on emotional abuse, emotional neglect, sexual abuse, and overprotection-overcontrol subscales compared to those who have no family members receiving psychological support. First-borns have been found to obtain higher scores on emotional abuse and physical abuse subscales compared to second-borns and the physical neglect levels have been found to be higher among third- and fourth-borns compared to first- and second-borns. Participants who are partially satisfied with their marriage have been found to have higher levels of emotional abuse, physical abuse, physical neglect, emotional neglect, and sexual abuse compared to those who are very satisfied with their marriage.

There was no significant difference in altruistic fear of crime and Psychological Well-Being Scale scores among age and birth order variables. The psychological well-being of women who have no family members receiving psychological support has been observed to be higher compared to those whose mothers received psychological support. Those who are very satisfied with their marriage have higher psychological well-being and lower altruistic fear of crime than those who are partially satisfied.

Emotional abuse, physical abuse, physical neglect, and sexual abuse levels increase as the levels of altruistic fear of crime increase. On the other hand, there has been a negative correlation between the increase in psychological well-being levels and childhood traumas. In line with these results, the following recommendations can be made:

- ✓ It is observed that childhood traumas negatively affect the later lives of individuals and thus, these negativities affect their psychological well-being. Therefore, parent training may be provided to prevent exposure to adverse situations that may cause trauma in childhood.
- ✓ It has been observed that if the mother is suffering from psychological problems, this will lead to traumatic effects on children. Therefore, providing psychological support to mothers or organizing family counseling or parent training programs may be beneficial.
- ✓ Starting from the preschool period, professionals such as child development specialists, social workers, and psychologists should provide support to children by cooperating.
- ✓ Within the scope of children's rights, it should be aimed to raise awareness in the society about children's right to life, right to education, and right to participate, and about their best interests.

6. References

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