

# Effect of Adverse Childhood Experiences on Relationship with Father and Emotional Reactivity Among Meditators and Non-Meditators Female Adults: A Comparative Study

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## Abstract

The present study is an endeavour to find out the impact of Adverse Childhood Experiences on Relationship with father and Emotional Reactivity amongst meditators and non-meditators Female adults. Childhood experiences lay down a critical foundation for one's whole course of life. Quality of these experiences depends on the attitude and behaviour of family, community, and society towards children. Adverse childhood experiences (ACEs) are events during childhood that are stressful and may impact upon mental and physical health having effects in childhood and future adulthood. Fathers are usually significant figures in the lives of their daughters. They influence their child in numerous ways. It also affects the way the child deals with the stressful or traumatic experiences and the way they develop their emotional reactivity in various situations or events of life. The study was conducted with a sample of 201 female adults aged 25-35 years, with those who meditate and those who do not meditate. Practice of mediation shows a significant effect in the maintenance of father-daughter relationship and their way of reacting while dealing with certain emotions.

**Keywords:** Adverse Childhood Experiences (ACE), Emotional Reactivity, Meditators, Non-Meditators, Relationship with Father.

## Introduction

Childhood experiences establish a vital basis for an individual's entire life path. The disposition and actions of families, communities, and society toward children determine the quality of these experiences.

Adverse childhood experiences (ACEs) are events during childhood that are stressful and may impact upon mental and physical health having effects in childhood and future adulthood. Examples of ACEs include abuse (physical, emotional, sexual); neglect; living in a household with domestic violence, substance or alcohol misuse, or criminal behaviour; or living with a caregiver with mental illness. (Felitti et al., 1998)

An important stage in a person's developmental cycle is adulthood, which is defined by the process of individuating from the family and becoming a contributing member of the community.

### **ACE (Adverse childhood experiences)**

“Adverse Childhood Experiences are stressful or traumatic experiences in childhood and may be one or more of emotional, physical and or sexual abuse, physical and or emotional neglect, or arise from household dysfunction, due to substance misuse and or mental illness amongst family members, violent treatment of mother, separation or divorce of parents, imprisonment of family member” (Qirjako, Burazeri, Sethi and Miho, 2013).

In addition to family dysfunction (such as a mentally ill, addicted, or jailed family member), domestic violence, and parent absence due to divorce or separation are examples of adverse childhood experiences (ACEs), which also include verbal, physical, and sexual abuse. Many detrimental health effects in adulthood, such as substance misuse, depression, diabetes, cancer, heart disease, and early mortality, have been connected to adverse childhood experiences, or ACEs.

### **Types of Adverse Childhood Experiences:**

Childhood emotional and psychological abuse – It includes “both isolated incidents, as well as a pattern of failure over time on the part of a parent or caregiver to provide a developmentally appropriate and supportive environment,” according to the American Psychological Association. This type of behaviour may greatly increase the likelihood that the youngster may suffer from the growth of one’s physical, mental, spiritual and blaming behaviours, and threatening, intimidating, disparaging, or doing anything else that isn’t physically harmful, aggressive or other sorts of treatment.

Physical abuse: Childhood physical abuse is defined as the use of force against a child that endangers or poses a serious risk to the child’s health, survival, development, or dignity. It involves striking, biting, suffocating, scorching, burning, poisoning, and shaking.

Sexual abuse: As per the definition, childhood sexual abuse is defined as “the engagement of a child in sexual activities that the child does not fully comprehend, cannot give informed consent for, or is not developmentally ready for, else that transgresses legal restrictions or social taboos in the community.”

Neglect: When a parent or other family member fails to provide for their child’s growth and well-being over time. When the parent is able to do so in one or more instances or some of the following areas- nutrition, emotional growth, education, health, etc.- it is considered childhood neglect. This definition encompasses both isolated occurrence and a pattern of failure.

### **Relationship with Parents**

The relationship between people or groups is the way in which they feel and behave towards each other. The special and long-lasting link between a caregiver and their child is referred to as the parent-child relationship. Their interactions with one another on a social, emotional, and physical level demonstrate the closeness of the parent-child tie. A parent-child relationship is a special one that fosters a child's whole development and progress. It establishes the basis for their conduct, character, attributes, and principles.

The relationship with Parents with Child is different with both the father and the mother. Mothers and their children are connected of a stable relationship with their young infant are key roles that mothers play even before birth. The provision of necessities (food, drink, sleep, and shelter) and the development in their child's mental health.

Fathers complement mothers and add the true essence to parenting. The patterns a father sets dictates how his child relates to other people and how he looks at the world. By laying down the rules of behaviour,

fathers discipline their children. A father is the one who creates respect for the sexes in his child. A daughter looks upon her father to model further relationships in her life.

Affectionate and supportive fathers considerably affect a child's social as well as cognitive development. An involved father promotes inner growth and strength, inculcates in his child the values of justice and fairness. He teaches his child objectivity and the consequences of right and wrong.

Unlike over-protective mothers, fathers encourage risk-taking and let their child venture out. Thus, the child engenders independence, which better prepares him to face the challenges of life. It is a father's imprints which makes his child either loving and gentle or strong and valiant.

When fathers provide a feeling of emotional and physical security, children turn out to be more confident and outperform their peers. They also face fewer psychological problems in life.

Affection, influence, and involvement are the three pillars of father-child relationships. Majority of men care about their families and children, even though they occasionally may find it difficult to communicate their emotions.

It is beyond the shadow of a doubt that building a healthy and stable relationship with the child, when he is young, is very important. Every child aspires to bond with his father, to feel worthy of receiving his love. It is a general tendency to grow up by imitating one's parents – the first people we interact with; this is how we learn to function and survive in the world.

In the history of the relationship, the parents' health, the child's gender, and other elements may all have an impact on the parent-adult child dynamic. Whether one feels positively or negatively about the parent, it does not always affect one's commitment to care and "closeness." The goal of the study is to gauge how adult children view their parents' relationship with them, specially girls.

### **Attachment Theory**

An intense and long-lasting emotional connection between two individuals is known as attachment, and it is characterized by each of them seeking proximity and feeling safer in the attachment figure's presence.

The theory developed in the 1940s by Bowlby emphasizes the role of attachment between parents and children in facilitating healthy child development. Adverse childhood experiences make children to develop an 'internal working model' about relationships with their parents.

Its main objective is to guarantee the vulnerable infant's survival, necessitating a parent's continuous attention. Distinct behaviours characterize attachment in children and adults, such as seeking closeness with the attachment figure when distressed or threatened (Bowlby, 1969).

The attachment behavioural system concerns the tendency of an individual to seek security during times of stress (Mikulincer & Shaver, 2003), which can be internal (i.e., hunger, fatigue, illness) or from external features of the environment, such as threatening stimuli (Bowlby, 1988). The more extreme the stress, the more intense the attachment system activation.

The Child may be less likely to suffer the long-term effects of trauma if the internalized attachment figure continues to offer stable security during periods of high stress, including sexual abuse.

### **Emotional Reactivity**

The definition of emotional responsiveness was the intensity of emotional reactions. Arousal threshold, negative reaction to challenge, autonomic reactivity, and frequency and intensity of emotion is one of the example.

The larger phenomena of emotion regulation, which encompasses actions aimed at observing, assessing, and adjusting emotional reactions, includes emotional reactivity as a key component.

Individual differences in emotional reactivity or affective style can be effectively broken-down into more elementary constituents. Certain separable features of affective style are identified such as the threshold for reactivity, the peak amplitude of response, the rise time to peak and the recovery time. The latter two characteristics constitute components of affective chronometry, meaning a temporary dynamics of emotional response. (Davidson, R.J.,1998).

The control of one's emotional reactions to circumstances is known as emotion regulation. The management of emotional action tendencies, length of emotion, and control of emotion were a few examples of how emotions can be modulated (redirected, controlled, or modified).

In times of stress, rage, or hurt, we frequently behave impulsively. We usually overreact and emotionally react because we are in a fight-or-flight scenario. That excessive response resulted from emotional reactivity.

It is at that very moment when our perception of the situation changes. The situation has an emotional component that prevents us from seeing it for what it is. Rather, we react. At this point, no listening is taking place. Emotions and defensive mechanisms that drive human behaviour. Gratz and Roemer (2004) conceptualized emotional regulation as a procedure that involves modifying the duration or intensity of an emotion instead of the emotion itself.

## Rationale

The rationale for doing research on the impact of Adverse Childhood Experiences on relationship with father and its effect on their Emotional Reactivity in females are multi-dimensional. Through studies it has been quite evident that an adverse childhood experiences has its effect in relationship with father in terms of child's safety and security, that is physical or emotional and their growth and development in adulthood.

The Child's growth and development happens accordingly, with how their fathers respond to it and give care and support to their child after the adverse childhood experiences. And the same seems to be reflecting in many aspects of their adult life. Researchers can learn more about the effect of ACE on the female child's relations with fathers and other male authorities too.

Involvement of parents, particularly the father, creates secure attachment. This helps the child in the long term to mediate the negative consequences of the trauma of adverse experiences.

Relationship with parents is often a focal point of mental health care, be it in the context of psychotherapy, the treatment of depression or anxiety, or the support of the family of an elderly patient with psychiatric disorders.

Although the relationship is frequently discussed in routine clinical practice and interpersonal relationships are acknowledged to have an effect on mental health (Henderson et al., 1981), there hasn't been much research specifically on the parent-child relationship.

The emotional reactivity of children with strong support with father are in a better response position in various emotional situations, e.g., sadness or happiness etc. The duration, intensity and time taken for the response is better with the ones having supporting caregivers.

Meditation has its effect on people and their various aspects of life. One of which is the response one gives in different situations and the intensity of the response. The effect of Adverse experiences and emotional response reflects differently for the one who meditates and one who doesn't meditate. One who meditates

has a different way of giving emotional reaction to the day-to-day situations and the extreme ones too. But with a strong father's support, a child can handle the future adversities in a better manner like the one who meditates.

Therefore, by examining the connection among ACEs, relationship with father and emotional reactions, a researcher can better understand the various ways that childhood trauma can affect the adult life.

## Method of study

### Objective:

The primary goal of the research is to ascertain whether adverse childhood experiences have a noteworthy impact on an adult's relationship with their father. The study also seeks to determine whether ACEs have any discernible impact on an adult's emotional reactivity.

### Hypothesis:

H1: The significant effect of ACE on Control variable is less amongst meditators.

H2: The significant effect of ACE on Responsibility variable is less amongst meditators.

H3: The significant effect of ACE on Regard variable is less amongst meditators.

H4: The significant effect of ACE on Control variable is more amongst non-meditators.

H5: The significant effect of ACE on Responsibility variable is more amongst non-meditators.

H6: The significant effect of ACE on Regard variable is more amongst non-meditators.

H7: The significant effect of ACE on Positive Emotional reactivity is less amongst meditators.

H8: The significant effect of ACE on Positive Emotional reactivity is more amongst non-meditators.

H9: The significant effect of ACE on Negative Emotional reactivity is less amongst meditators.

H10: The significant effect of ACE on Negative Emotional reactivity is more amongst non-meditators.

### Variables:

**Independent Variable:** Adverse Childhood Experiences – The questionnaire on adverse childhood experiences includes questions about physical, sexual, verbal, emotional, and mental abuse that occurred during childhood, as well as any mental illness that ran in the family, having a relative who was in prison, or having a violent mother. Unfavourable childhood experiences are defined as occurring when an individual witnesses or encounters any of the aforementioned types of abuse or neglect.

**Dependent Variable:** Relationship with Father - The PACQ-F assess the relationship of girl child with father in three dimensions, i.e. Control, Responsibility and Regard. The regard factor corresponds closely to similar concepts of attachment or care, and encompasses filial gratitude or reciprocity and perceived closeness or compatibility (Cicerelli, 1983; Eisdorfer, 1991; Horl, 1989). The responsibility factor includes parental behaviours as well as the adult child's feelings of guilt, burden and protectiveness, and has elements of parentification and the desire to compensate for the parent's past suffering (Boszormenyi-Nagy & Spark, 1984; Whittick, 1989). The control factor (relevant for fathers only) is akin to that identified in analyses of other relationships (Parker, 1983; Siegelman & Roe, 1979) but without the protection element.

**Dependent Variable:** Emotional Reactivity - The PERS assesses the emotional reactivity construct as it is defined by Davidson (1998) and Becerra and Campitelli (2013); It designed to assess the typical ease of activation, intensity, and duration of one's emotional responses, and do so for positive and negative



emotions separately. Activation refers to how quickly or slowly one reacts. Intensity refers to how Strongly one reacts. Duration refers to the time period the reaction prevails, how longer or shorter the reactivity is.

**Sample:**

Sample consisted of the young adults of age group 25 to 35 years consisting of female population. The total participation was 201 between the same age.

**Research Design:**

Ex-post facto

**Tools:****Adverse Childhood Experiences (ACES)**

The tools used for this research were the Adverse Childhood Experiences (ACES) Questionnaire (Felitti et al., 1998), a 10-item measure used to measure childhood trauma. Ten categories of childhood trauma measured in the ACE Study are evaluated using the questionnaire. The Cronbach's alpha reliability shows an acceptable internal consistency ( $\alpha = 0.700$ ).

**Parent Adult Child Relationship Questionnaire (PACQ)**

The scale Parent Adult Child Relationship Questionnaire developed by Peisah et al. (1999) assesses the current understanding of the parent adult-child relationship and describes the development of an instrument to measure this relationship and defines their relationship. A three-factor solution regard, responsibility, and control, comprising of 13 items with 4 point likert scale questionnaire has been used to determine the Father-Child relationship.

The Reliability of father solution shows The regard component had a Cronbach's alpha of 0.86, the responsibility factor was 0.74, and the control factor was 0.87. At the  $p < 0.001$  level, every correlation was conclusively significant. The three aspects of regard, responsibility, and control were highly linked ( $p < 0.001$ ) with the scores obtained from the PACQ factor.

**Perth Emotional Reactivity Scale (PERS)**

An assessment of 30-item trait levels of emotional reactivity is known as the Perth Emotional Reactivity Scale (PERS). Summing up a participant's replies on the 5-point Likert scale yields two composite scores and six subscale scores. In every composite and subscale, elevated scores signify increased levels of responsiveness within that particular domain.

**Inclusion Criteria:**

- Participant should be a Female.
- Participants should be aged between 25 – 35 years of age.
- Participants should be a Meditator.

**Exclusion Criteria:**

- Participant shouldn't be a Male.
- The participant should not be below 25 years or above 35 years of age.
- The participant shouldn't have attended any counselling or therapy session/s.

**Procedure:**

There was selection of the demographic and sample size. Adult participants were given the questionnaire so they may respond to it. Both the goal of the study and detailed instructions for completing the

questionnaire were explained to the participants. They were requested to fill out the questionnaire honestly and to the best of their knowledge after being kept informed about the protection of their privacy.

**Data Analysis:**

The statistical technique known as Analysis of Variance, or ANOVA, is used to examine the variations between two or more group means. In order to ascertain whether there are statistically significant differences between means from various groups or treatments, it is frequently utilized. ANOVA aids in the process of determining whether observed differences between groups are the result of true population differences or are merely the product of chance.

To determine if there is a significant difference between the means of the groups under comparison, ANOVA is utilized. It indicates that at least one group mean differs substantially from the others if the p-value from the ANOVA is less than the selected significance level (e.g., 0.05). ANOVA involves one or more independent variables, also known as factors, which divide the data into different groups. These groups are often referred to as levels of the factor.

ANOVA evaluates variability between groups (variability between group means) as well as variability within groups (variability within each group or treatment). To ascertain whether the variations in group means are larger than would be predicted by chance, it compares these variabilities.

Thus, ANOVA is a strong statistical tool that may be used to analyse differences between several groups. It is frequently employed in observational and experimental research in a variety of fields, including the social sciences, i.e., psychology, and education and many more.

**Result**

The analysis of results is done with the help of One way ANOVA (Analysis of Variance) between the IV and DVs of the study, namely, ACE, Relationship with father and Emotional Reactivity.

**ANOVA**

		Sum of Squares	df	Mean Square	F	Sig.
CON	Between Groups	178.205	1	178.205	15.273	.000
	Within Groups	1166.815	100	11.668		
	Total	1345.020	101			
RES	Between Groups	3.442	1	3.442	.422	.517
	Within Groups	815.146	100	8.151		
	Total	818.588	101			
REG	Between Groups	17.844	1	17.844	2.751	.100
	Within Groups	648.676	100	6.487		
	Total	666.520	101			

**Table 1: ANOVA table showing the Relationship with Father among Meditators.**

Table 1 shows the significance level of three variables i.e., Control, Responsibility and Regard among Meditators group, wherein only the control variable is seen to be significant with 0.001 and 0.05 level. The other two variable namely Responsibility and Regard and seen to be Not-Significant.

**ANOVA**

		Sum of Squares	df	Mean Square	F	Sig.
CON	Between Groups	179.279	1	179.279	13.834	.000
	Within Groups	1257.044	97	12.959		
	Total	1436.323	98			
RES	Between Groups	12.603	1	12.603	1.573	.213
	Within Groups	777.397	97	8.014		
	Total	790.000	98			
REG	Between Groups	35.921	1	35.921	4.681	.033
	Within Groups	744.402	97	7.674		
	Total	780.323	98			

**Table 2: ANOVA table showing the Relationship with Father among Non-Meditators.**

Table 2 shows the significance level of three variables i.e., Control, Responsibility and Regard among Non-Meditators group, wherein the control variable is seen to be significant with 0.001 and 0.05 level and Regard with 0.05 level. The Responsibility variable alone is seen to be Not-Significant.

**ANOVA**

		Sum of Squares	df	Mean Square	F	Sig.
ER(P)	Between Groups	41.810	1	41.810	.342	.560
	Within Groups	12218.984	100	122.190		
	Total	12260.794	101			
ER(N)	Between Groups	1.645	1	1.645	.012	.911
	Within Groups	13184.002	100	131.840		
	Total	13185.647	101			

**Table 3: ANOVA table showing Emotional Reactivity among Meditators.**

Table 3 shows the significance level of two variables i.e., Positive and Negative Emotional Reactivity among Meditators group, but neither the Positive nor the negative Emotional Reactivity is seen to be significant with 0.05 level.

**ANOVA**

		Sum of Squares	df	Mean Square	F	Sig.
ER(P)	Between Groups	6.788	1	6.788	.075	.785
	Within Groups	8782.990	97	90.546		
	Total	8789.778	98			
ER(N)	Between Groups	514.747	1	514.747	4.342	.040
	Within Groups	11499.333	97	118.550		
	Total	12014.081	98			

**Table 4: ANOVA table showing Emotional Reactivity among Meditators.**



Table 4 shows the significance level of two variables i.e., Positive and Negative Emotional Reactivity among Non-Meditators group, wherein the Negative Emotional Reactivity is seen to be significant with 0.05 level but the Positive Emotional Reactivity is seen to be Non-Significant.

## DISCUSSION

The significance level of ACE in relation to Relationship with father is partially significant among Meditators group. As indicated in Table 1, out of three variables i.e., Control, Responsibility and Regard, there is significant difference at 0.05 in Control Variable with  $p = .000$ , suggested by the Mean and SD of High ( $M \pm SD = 4.81 \pm 3.98$ ) and Low ( $M \pm SD = 2.16 \pm 2.62$ ) control groups of mediators.

The low score on the variable indicates that the relationship with father is good and father has less control of their child. On the contrary, the high score on the variable indicates the relationship with father is quiet unfavourable as the father has more control over the child.

Growing up under toxic stress may make it harder for children to build solid, balanced and healthy connections (centre of disease and Control – prevention of aces) The significance of a father's influence in relation to these protective characteristics cannot be overstated. A father who shows his children unconditional love and nurturing positions them to be resilient in the face of hardship and to be protected against adverse childhood experiences (ACEs) (Wesley Gallagher, 2022)

The positive skew of the factor suggests the possibility of a pathological entity, which may reflect the naturalistic evolution of parental power over the life cycle. Clearly an important factor in childhood (Minuchin, 1974; Murphy et al., 1997), parental power diminishes over time (Benbow et al., 1990; Carter & McGoldrick, 1980).

It also implies that, irrespective of the descriptive or conceptual paradigm applied, the situation permeates child-parent relationships throughout the life cycle. In all relationships, people generally have a predisposition to control, guard, and care for others (Hinde, 1979; Wilhelm & Parker, 1988). The particulars of the relationship and the stage of life that the person is in may influence these tendencies.

Thus, the impact of ACE is evident in the control variable, which is the controlling of the child by the father, among females who have undergone ACE. More precisely, the person who scored higher on ACE is feeling more control over their father, indicating that their father is quite controlling of their actions and behaviours.

**Therefore, the H1 hypothesis proves to be rejected showing a considerable significance.**

Another dimension indicating the degree of importance of the variable **Responsibility** within the group of meditators. As Table 1 illustrates, the Mean and SD of the High ( $M \pm SD = 6.05 \pm 3.05$ ) and Low ( $M \pm SD = 5.68 \pm 2.61$ ) Responsibility groups of mediators reveal that there is no significant difference at 0.05 between the high and low of the Responsibility Variable ( $p = .157$ ).

The responsibility factor includes parental behaviours as well as the adult child's feelings of guilt, burden and protectiveness, and has elements of parentification and the desire to compensate for the parent's past suffering (Boszormenyi-Nagy & Spark, 1984; Whittick, 1989).

The variable's low score suggests that the child may not feel strongly obligated or willing to assist the father, which is indicative of an unfavorable connection. Conversely, a high score on the variable denotes a positive relationship because it shows the child feels very obliged and is willing to assist their father.

The notion of responsibility itself is likewise based on culturally particular patterns of family relationships and interaction, the applicability of which will vary depending on the situation. But according to Sung (1998), sacrifice, family unity, and respect are valued more highly in Korean society. Consequently,

although being evaluated on a population that was quite homogeneous in terms of culture, the parameters found are still applicable to different Asian culture.

Thus, the father and daughter have a responsible and obligatory relationship, as evidenced by the fact that the influence of ACE is not noticeable in the responsibility component.

**Therefore, the hypothesis H2 is Accepted by not showing a considerable significance.**

Another factor demonstrating the variable's level of significance is Regard amongst the group of meditators. As shown in Table 1, there is no significant difference at 0.05 between high and low Regard Variable with  $p = .100$ , suggested by the Mean and SD of High ( $M \pm SD = 8.53 \pm 2.82$ ) and Low ( $M \pm SD = 9.37 \pm 2.18$ ) Regard in the groups of mediators.

The regard factor corresponds closely to similar concepts of attachment or care and encompasses filial gratitude or reciprocity and perceived closeness or compatibility (Cicerelli, 1983; Eisdorfer, 1991; Horl, 1989).

The degree to which a father shows his love, care, and protection for his child—especially daughters as well as the degree to which their relationship is marked by gratitude and intimacy rather than sourness, all indicate that the impact of ACE is little and not substantial.

Bengtson, Olander and Haddad (1976) proposed a model of intergenerational solidarity in which helping behavior was seen as an aspect of intergenerational solidarity.

Helping behaviour was considered to be a result of sex linkage, residential proximity, filial obligation, and the reliance demands of the elderly. In such a paradigm, helping behavior would increase when the adult child lived closer to the parents, had more filial obligation, and was a daughter.

The low score on the variable indicates that the affinity with father is less and it depicts that the child feels unloved and disrespected. On the contrary, the high score on the variable indicates the child feels deeply loved and respected, therefore it reflects a good relationship and greater affinity even in adverse situations one of which is Adverse Childhood Experiences.

**Therefore, hypothesis H3 is Accepted by not showing considerable significance.**

Thus, it has been evident that the importance of a father's influence in developing these protective features cannot be emphasized. A father who offers his children unconditional love and nurturing helps them to be resilient in the face of adversity and protects them from adverse childhood experiences (ACEs).

The study was carried out identically on Non-Meditators using the same set of questionnaires. The results showed a minor deviation. The first Dependent Variable that of Relationship with Father contained three variables namely, Control, Responsibility and Regard.

In the Non-Meditators group, the significance degree of ACE in association to Relationship with Father is marginally significant as indicated in Table 2.

The Table shows a significance of Control variable at 0.05 level. The significant difference ( $p = .000$ ) suggested by Mean and SD of High ( $M \pm SD = 5.20 \pm 4.84$ ) compared to Low ( $M \pm SD = 2.45 \pm 2.42$ ) control groups of mediators.

The variable's low score suggests a solid relationship with the father and less control over their child. On the contrary, a high score on the variable implies a strained connection with the father, as the father wields more power over the child.

ACEs include child abuse (psychological, physical or sexual), neglect and household challenges during the first 18 years of life. Such experiences have been linked to a plethora of social and health issues in later childhood (Elmore et al., 2020) and adulthood (Edwards et al., 2003; Felitti et al., 1998).

The result shows that there is a visible impact of ACE on control variable, interpreting that fathers have more control on the actions and behaviours of their girl child. It is hypothesised in the study that ACE will have more impact on this variable among the Non-Mediator group because with meditation there is regulation of mind and actions and behaviours are altered easily with better insight and wisdom.

People with higher levels of mindfulness and regular practice of meditation are prone to have greater modulation in behaviour because they are more capable of recognizing, managing and resolving life problems as well as making decisions that are beneficial to their psychological well-being (Hollis-Walker & Colosimo, 2011).

**Therefore, the H4 hypothesis proves to be Accepted showing a considerable significance.**

Another dimension representing the relative relevance of the variable Responsibility within the group of Non-Meditators. Table 2 shows that there is no significant difference with ( $p=.157$ ) at 0.05 significance level as indicated by Mean and SD between the High ( $M\pm SD = 4.90\pm 3.08$ ) and Low ( $M\pm SD = 5.62\pm 2.64$ ). The responsibility aspect encompasses parental behaviours as well as the adult child's sentiments of guilt, burden, and protectiveness, as well as parentification and the desire to compensate for the parent's previous suffering (Boszormenyi-Nagy & Spark, 1984; Whittick, 1989).

The notion of responsibility itself is likewise based on culturally particular patterns of family relationships and interaction, the applicability of which will vary depending on the situation (sung, 1998).

According to Fischer (1981, 1986), as daughters go from single to married to motherhood, they are following the normal stages of the life cycle (from childhood to adulthood), a daughter takes on more family roles, her relationship with her parents becomes closer. The daughter thus becomes even more responsible in subsequent stages.

The variable's low score implies that the child may not feel strongly committed or willing to support the father, indicating an unpleasant relationship. A high score on the variable, on the other hand, indicates a positive relationship because it indicates that the child feels obligated to help their father. The greater number of samples in the study have scored high indicating that the daughter feels strongly obligated and are willing to help their fathers even after the impact of ACE.

**Therefore, hypothesis H5 is Rejected by not showing considerable significance.**

The third sub variable, Regard is another factor that demonstrates the variable's significance within the group of Non-Meditators. Table 2 shows significant difference at 0.05 between high and low Regard Variable ( $p=.033$ ), as indicated by the Mean and SD of High ( $M\pm SD = 7.92\pm 3.08$ ) and Low ( $M\pm SD = 9.15\pm 2.53$ ).

The regard aspect, which includes feelings of perceived closeness or compatibility as well as filial appreciation or reciprocity, closely aligns with conceptions of attachment or care (Cicerelli, 1983; Eisdorfer, 1991; Horl, 1989).

Daughter-father role quality are related inversely to psychological distress; high daughter-role quality is related to low levels of psychological distress; low daughter- role quality, to high levels of distress (Rosalind C. Barnett, Nazli Kibria, Grace K. Baruch and Joseph H. Pleck , 1991).

A low score on the variable suggests a lower level of affiliation with the father and suggests that the child experiences feelings of disrespect and unlove. Conversely, a high score on the variable depicts a positive relationship and increased affinity even under challenging circumstances, such as traumatic childhood experiences, as it shows that the child feels highly loved and respected.

The study indicates a lower score thus showing an impact of ACE on the regard factor, inferring that the daughter feels unloved and disrespected from father, inferring to the substantial control of fathers in adult daughters.

**Therefore, hypothesis H6 is Accepted by showing considerable significance.**

Emotion regulation is the second dependent variable in the research. As seen in Table 3, it also has two sub variables. Positive and Negative emotion regulation make up the two factors.

In the group of Meditators as referred above in Table 3, both the sub variables of the Emotion Reactivity are indicated. The significant difference at 0.05 level between high and low Positive Emotion Reactivity Variable with  $p = .560$ , suggested by the Mean and SD of High ( $M \pm SD = 56.33 \pm 9.97$ ) and Low ( $M \pm SD = 57.65 \pm 11.66$ ). It thus intuits that there is no significant effect of ACE on Positive Emotional Reactivity amongst Meditators.

There is a close and reciprocal connection between emotional reactivity and the ability to effectively regulate emotions; more intense reactions are likely to be harder to regulate and control and, in the case of unpleasant emotions, poorer regulation skills are likely to contribute to more intense and persistent emotional responses (Gross, 2014; Gross & Barrett, 2011; Gross, Sheppes, & Urry, 2011).

Meditation enables parents and caregivers to negotiate the ups and downs of parenting, adoption, or fostering with greater comfort and grace by establishing a strong sense of self-awareness and personal emotional regulation (Lorraine, 2024).

In respect to the study, female adults with lower positive emotion reactivity can avoid quick activation of positive emotion. The emotional reactivity will be less Intense and Shorter in Duration (Preece, Becerra and Campitelli, 2018).

**Therefore, hypothesis H7 is Accepted by not showing considerable significance.**

In a similar vein, as represented in Table 3, Negative Emotion Regulation variable shows no significant difference at the 0.05 level between high and low Negative Emotion Regulation.

Variable with  $p = .911$ , suggested by the Mean and SD of High ( $M \pm SD = 50.10 \pm 11.05$ ) and Low ( $M \pm SD = 49.84 \pm 11.73$ ). It thus intuits that there is no significant effect of ACE on Negative Emotional Reactivity amongst Meditators.

Psychometric and cognitive measurements revealed higher levels of anxiety and depressive symptoms, and more difficulties in executive functioning in the ACE group at baseline (Aron Mirman, Atira S. Bick, 2020). But with the help of meditation, the adult is able to regulate even the negative emotion. Regular meditation practice can also help parents model and demonstrate excellent qualities for their children (Lorraine, 2024).

In addition to this Meditation provides vital support to parents or caregivers who practice attachment parenting by helping them connect with themselves and their children on a deeper level. Parents and caregivers can improve their ability to listen to their child's needs, stay present in difficult situations, and respond with patience and compassion by practicing meditation and inculcating it in their everyday life.

According to the study, female adults with lower negative emotion reactivity can avoid quick activation of negative emotion. The emotion reactivity will be less Intense and Shorter in Duration (Preece, Becerra and Campitelli, 2018).

**Therefore, hypothesis H8 is Accepted by not showing considerable significance.**

Similar measures were applied to the other set of samples, which consisted of non-meditators, in a similar manner.

In the group of Non-Meditators as referred above in Table 4, both the sub variables of the Emotion Reactivity are indicated. The significant difference at 0.05 level between high and low Positive Emotion Reactivity Variable with  $p = .785$ , suggested by the Mean and SD of High ( $M \pm SD = 56.43 \pm 9.30$ ) and Low ( $M \pm SD = 55.90 \pm 9.64$ ). It thus depicts that there is no significant effect of ACE on Positive Emotional Reactivity amongst Non-Meditators.

Deficits in emotion regulation has been established as a direct risk factor for psychological disorders and as a mechanism that mediates the relation between ACE, psychosocial functioning, and different mental health problems (Cloitre M, Khan C, Mackintosh M-A, et al., 2019).

**Therefore, hypothesis H9 is Rejected by not showing considerable significance.**

Similarly, as represented in Table 4, Negative Emotion Regulation variable shows a significant difference at the 0.05 level between high and low Negative Emotion Regulation.

Variable with  $p = .040$ , suggested by the Mean and SD of High ( $M \pm SD = 53.00 \pm 12.57$ ) and Low ( $M \pm SD = 48.33 \pm 9.64$ ). It thus refers that there is a significant effect of ACE on Negative Emotional Reactivity amongst Non-Meditators.

Emotion regulation, according to Cicchetti, Ackerman, and Izard (1995), is essential for preventing stressful levels of negative emotions and maladaptive behavior as well as for triggering, organizing, and motivating adaptive action.

From the perspective of attachment theory, securely attached children are able to use parents effectively to help regulate their emotions (Bowlby, 1969/1982). But since the adverse childhood experiences had an significant impact on the emotion reactivity, the prior experiences made it difficult to get attached with the parent to a greater extent.

Due in part to the lack of such delicate interactions between the caregiver(s) and the child, early child abuse poses a serious threat to the best possible development of emotional control and comprehension. Parental maltreatment reduces the likelihood that their children will receive the assistance and guidance they need to learn healthy coping mechanisms when they are distressed.

Maltreated children, particularly physically abused children, may experience overwhelming emotional arousal that leads to difficulties managing and processing negative emotionality (Camras, Sachs-Alter, & Ribordy, 1996).

As seen in the above variables, the female adults experienced greater control by their father in their actions and behaviours and consequently daughters showing less regard to their father. Thus, the degree of attachment is quite less in father-daughter relation among Non-Meditators. This relation is also getting reflected on the emotional reactivity. The negative emotional reactivity is more in this group, which signifies that the negative.

**Therefore, hypothesis H10 is Accepted by showing considerable significance.**

## Conclusion

Finding out how adverse childhood experiences (ACEs) affected the relationship with the father and emotional reactivity in two groups of adult females who meditated and those who did not was the study's goal. The goal was to determine how Control, Responsibility, and Regard are affected in father-daughter relationships by ACE. Additionally, whether ACE affects their emotional reactivity in terms of both positive and negative reactivity. In order to determine which group is more affected by these two variables, a comparative study was conducted using this theme.



The influence of ACE is only seen in the Control variable of the Parent-Adult relationship in the mediator's group, as shown in the result analysis and covered in the discussion chapter. However, in the non-mediator's group, the Regard variable also significantly affects the Parent Adult relationship in addition to the Control variable; that is, the father-daughter relationship appeared more strained in the non-mediator's groups.

This study also shows how emotionally reactive an adult female is to a traumatic event that occurred in early childhood, before to the age of eighteen, and how that experience has affected her throughout her adult life. It can be inferred that ACE has little effect on the positive and negative emotional reactivity of adult females, resulting in low activation of emotional reaction with low intensity and short duration in extreme emotional reaction. Neither the positive nor negative emotional reactivity significantly changes in these parameters. The analysis for the group of meditators is shown in this outcome. There is a difference in the non-mediator's group's Emotional Reactivity significance level. Based on the results, it appears that ACE has less of an impact on positive emotional reactivity, indicating low intensity activation of emotional reaction that lasts for a shorter duration, but ACE has a significant impact on negative emotional reactivity, indicating quick intensity activation of negative emotional reaction that lasts for a longer duration.

Consequently, a more comprehensive analysis might conclude that ACE partially influences Parent-Adult Relationships, specifically the relationship with the father and the Emotional Reactivity of adult females; however, that does not mean that there is no influence at all on that variable; given that the study was conducted on a small sample of 201 participants, an absolute generalization to the entire Indian population would not be appropriate.

Hence, the study's findings provide a glimpse of the ACE's varying degrees of impact on both variables. In order to provide more effective intervention for individuals who have experienced traumatic events since childhood, mental health professionals and counsellors would find it helpful to understand the relationship between these variables when providing Marriage and Family counselling, Child counselling, Individual counselling using a client-centered approach, and counselling to individuals who have undergone adverse childhood experiences, among other services. In addition, the counsellor may incorporate meditation into their intervention and may suggest the client to incorporate it into their daily schedule.

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