

THE RELATIONSHIP OF ADULT GUILT WITH CHILDHOOD

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ABSTRACT

Childhood experiences can contain many life events that individuals can carry in the following years, and these life events can be positive as well as include traumatic experiences. Childhood trauma experiences can have lifelong experiences that can affect the emotional, cognitive, physical, behavioral and social development of children who have not reached the age of 18. Childhood traumas can bring stress, cause a significant increase in psychological symptoms in adulthood, and also pave the way for the formation of adult delinquency. Made works; It reveals that individuals who tend to criminal behavior have a problematic family history and this shows us how important the childhood period is in the development of criminality. Therefore, since childhood traumas are thought to lead the individual to behaviors that can be considered criminal, this study aims to examine the relationship between adult guilt and childhood traumas.

INTRODUCTION

The experiences of the individual in the first years of his life can affect his future life and the formation of his personality, and children can be important in shaping the society as adults of the future. Therefore, it may be important for children to grow up and grow up in a healthy environment, and the probability of a healthy development in an environment where children are neglected and abused may be low. In this context, the attitudes and behaviors that parents develop towards their children, the environment in which the child grows up, and the behaviors of other adults around him may be important for the child to develop a healthy personality. Although childhood traumas are a social problem, they can also pave the way for the formation of adult delinquency, so this study aims to examine the relationship between adult delinquency and childhood traumas. Adolescent lives can include many life events that individuals may experience in the future, and these life events can be positive as well as traumatic lives. childhood trauma experiences; There may be experiences that can affect the emotional, cognitive, physical, behavioral and social development of children under the age of 18 that can last a lifetime, and they can see the negative consequences of trauma intensely in their adult lives (WHO, 2016). Actions and inactions that interrupt the child's development process by those responsible for the care and upbringing of the child can be counted within the definition of this phenomenon (WHO, 2016; Tıraşçı and Gören, 2007). Neglect and abuse experiences, which constitute the content of childhood traumas, can be due to many reasons, can have serious negative consequences, can negatively affect a child's development, as well as appear as a social problem that can have legal and medical dimensions (Kara et al., 2004). Childhood traumas can be a subject that can cause social problems, and it can be seen that the negative effects of child neglect and abuse continue even years after the event (Avcı, 2008) and lead children to criminal behavior (Sinani, 2012). A study on this subject reveals that individuals who engage in criminal behavior have a problematic family background, while another study reveals that the poor family relationships of individuals who are delinquent during their childhood increase the probability of being neglected and abused (Kızmaz, 2013). shows how important it is. Due to the limited number of studies on this subject in the Turkish Republic of Northern Cyprus, it is thought that this study will contribute to the relevant literature.

CHILDHOOD TRAUMA EXPERIENCE

Trauma can be defined as experiences that can shake and threaten people's vital integrity and perception of this integrity in many different ways, disrupt daily routine, activate feelings of fear and horror, and disrupt one's meaning-making processes (Yücel, 2004). The concept of trauma can be explained by associating it with life events such as being exposed to or witnessing violence, war, death of a loved one, neglect and abuse, traffic accident, being diagnosed with a disease that can threaten the continuation of life (Eskin, Akoğlu, & Uygur, 2006). However, relational difficulties, deprivation in attachment processes, and life events that can affect the individual's mental health negatively, and life events with systemic effects of family life can also create traumatic effects on the existence of the individual (Şenkal, 2013). Individuals may be exposed to traumatic experiences that may lead to negative consequences in the short and long term, and one of the situations that can cause traumatic effects may appear as childhood traumas. Childhood traumas can be life-long experiences that can negatively affect the emotional, cognitive, physical, behavioral and social development of children under the age of 18, and children who are exposed to trauma experience in childhood can also experience the effects of trauma and the negative

consequences of trauma intensely in their adult lives (WHO). , 2016). One of the childhood traumas can be seen as child neglect and abuse. Child neglect and abuse; It can be the most difficult type of trauma to detect and treat, due to its reproducibility and usually practiced by the child's closest relatives (Yücel, 2014). Childhood traumas, that is, experiences of neglect and abuse, may appear as behaviors that can have complex causes and negative consequences that children are exposed to, and that can negatively affect the development of the child and cause criminal behavior in adulthood (Özgentürk, 2014). Topçu (2009) states that at least 25% of children who are neglected and abused are involved in crime. 28 reveals that the probability of committing a violent crime increases by 30% (Topçu, 2009). In addition to this, other research results on this subject are; Exposure to abuse and neglect in early childhood is associated with adult arrest records (Widom, 1989) Another study conducted on 772 neglected and abused children reveals that these children are arrested 8 times more often than children who were not neglected and abused (Widom, 1989).

TYPES OF CHILDHOOD TRAUMA

Childhood traumas can be handled under the headings of physical abuse, sexual abuse, emotional abuse and neglect, as well as family crises, migrations, natural disasters and wars in childhood (Gökler, 2006) sexual abuse, emotional abuse and neglect.

PHYSICAL ABUSE

Physical abuse; It can be the most common and the easiest to define form of abuse and can leave visible traces. Physical abuse, which is the most common and easiest to identify type of abuse; It can include punishment methods ranging from a slap to the use of various objects, and can be defined as abuse that can lead to non-accidental injury to the child and the emergence of fractures, burns and cuts that can cause damage. Pelendecioğlu and Bulut (2009), because physical abuse carries the risk of physical damage, injury or injury to such an extent that it harms the health of children and adolescents under the age of 18; physical abuse; parents or persons responsible for the child; defines the child as abuse and attacks that cause visible damage and bruises on the child. physical abuse; It includes accidents caused by inadequate care of the child by the family, and injuries other than accidents usually occur when the parents lose control or want to punish the child. As a result of a study, 65.72% of children are exposed to physical abuse by their parents (Aral, 1997). However, it is seen that children who are victims of physical abuse tend to commit crimes and appear as people who practice physical abuse. The results of the study on this subject; It reveals that children who have been physically abused appear as people who practice physical abuse in the future and that they adopt this behavior model as a means of communication or as a response to conflict resolution (Aral, 1997).

SEXUAL ABUSE

It can be defined as forcing the child to sexual activity that he or she does not fully understand, is not yet developmentally ready, and is not in the capacity to consent and approve (WHO, 2006). Sexual abuse can refer to an adult's use of children as a tool to meet their sexual needs and desires (Taner & Gökler, 2004). sexual abuse; The use of a child who has not completed his psychosocial development for sexual satisfaction by an adult, being forced into prostitution, using him as a sexual object in pornographic content, incest, touching the private area, exhibitionism and harassment can be a form of abuse that is difficult to notice (Topçu, 2009). Children exposed to sexual abuse may encounter many mental and social problems in their adulthood, and these problems are; behavioral, sexual, emotional, depressed mood, anxiety, depression and lack of self-confidence, and they can be abusive in adulthood (Wekerle, Miller, Wolfe, & Spindel, 2006). As a result of a study conducted with 205 women, it was revealed that women in both groups had personally experienced or witnessed this sexual abuse, and the rate of domestic sexual assault in childhood was high for women in both groups (Browne, 1991). The results of this research show us that a significant portion of abused women come from abused homes.

EMOTIONAL ABUSE

Emotional abuse, punishing and criticizing his behavior, humiliating the child; It can be defined as harming self-efficacy, sense of commitment and self-worth. Any act or inaction that disrupts the emotional integrity of the child can be considered within the scope of emotional abuse; rejection, isolation, excessive protection, excessive tolerance, pressure, deprivation of love and stimulus, constant criticism, humiliation, threat, intimidation, intimidation, delinquency, accusation, ignoring the child, having expectations that are not appropriate for the age and characteristics of the child, witnessing domestic violence, etc. Emotional abuse can be the most common form of abuse but the most difficult to define, and it can leave long-term effects on the child's life. They may react with feelings of shame, guilt, worthlessness and inadequacy. In particular, they lose their trust towards those who abuse them emotionally, and this loss of trust can lead to feelings of inferiority and self-worth of being lost, as well as quarrelsome friendships (Wright, 2007). In addition, the person may see himself/herself as insignificant, worthless, unreliable, emotionally dependent, undeserving and unlovable, and may think that he/she deserves to be punished and blamed as if he/she is a bad person. Individuals who are exposed to emotional abuse may become withdrawn,

think about suicide, and become anxious or depressed. In addition, they may exhibit sleep disorders, panic disorder, self-harm or risky behaviors.

NEGLECT

Although neglect is the most common and widespread child abuse, it can be an unnoticed form of child maltreatment and can be defined as not meeting the physical, emotional and educational needs of children in a timely and adequate manner (Kara et al., 2004). Because neglected children do not receive enough attention from their families or caregivers, their physical and emotional development may also be adversely affected, and because it is usually practiced by the closest people, it may create a permanent trauma effect on the child that will negatively affect the later years of his life and may pave the way for adult delinquency. In a study conducted by the US National Institute of Justice to reveal the rates of delinquency and arrest of neglected children, it is revealed that the rate of detention as juvenile delinquents increases by 59%, the probability of negligence increases the probability of committing criminal behavior by 28% and the probability of committing violent crimes by 30% in adulthood (WHO, 2006). The results of another study are; that children neglected by their families are more likely to turn to crime, while 33.3% of 42 mothers and 30.9% of 68 fathers are pushed to crime; 17.4% of 339 mothers and 16.1% of 286 fathers who do not behave in this way reveal that their children are pushed into crime (Uluğtekin, 1991).

CRIME

One of the most important problems of today can be the phenomenon of crime. The concept of crime has been tried to be defined and explained by different disciplines and scientists (İçli, 2004). E.g; Dolu defines the concept of crime as “deviation from the norms and rules existing in the society” (Dolu, 2012) and Giddens; defines the concept of crime as “behaving inconsistently with traditional norms and values and posing a threat to the social structure due to the destructive nature of these inappropriate behaviors” (Giddens, 2008). Lawyers, on the other hand, define the concept of crime; While criminologists evaluate it as an act that the law considers a crime and requires sanctions, criminologists are under the influence of many factors, but it is a behavior done without any obligation in the face of a certain situation (Bal, 2003), sociologists are a symptom pointing to social evil (Dönmezer, 1994), while psychologists are ; they define it as an abnormal behavior resulting from psychological maladjustment (Siegel & Senna, 1981). The Turkish Penal Code is; The concept of crime is defined as an act punishable by law. It can be seen that different approaches are brought to the concept of "crime" in the definitions mentioned, but when the definition specified in our law is taken into account, the concept is not that simple and can bring many approaches and thoughts.

CHILDHOOD TRAUMA AND CRIMINAL RELATIONSHIP

Traumatic psychological effects originating from childhood can last a lifetime, and the severity and frequency of traumatic experiences can increase the frequency and variety of psychological symptoms (WHO, 2016). Although childhood may be the most risky period for the formation of delinquency, adult criminal behavior may be a continuation of the antisocial structure that existed in childhood (Robins, 1979). Child neglect and abuse; It can impair the mental health of the child as well as cause death and lead to psychological problems in adulthood. Neumann et al. (1996) in their study with a meta-analytic method on this subject, child abuse; states that it can cause anxiety, irritability, depression, suicide, substance use, and post-traumatic stress disorder (Temel, 2011). When the family structures of the convicts were examined, 59.3% of them were exposed to violence; reveals that most of them have negative family relationships and come from broken families (Çiftçi, 2009). The results of another study conducted with individuals exposed to childhood traumas reveal that these individuals are more aggressive and experience adjustment disorders (Teicher et al. 2006). Dembo et al. (2000) state that children exposed to physical and sexual abuse are at higher risk for criminal behavior, and as a result of a study conducted on this subject, aggressive and violent behaviors of parents towards children increase the child's sexually-related violence behaviors (Brendgen, Vitaro, Tremblay). and Wanner, 2002). In the same study, it is revealed that the exposure of parents to violence causes the child to develop a positive perspective towards violence, and in this way, the child's behavior of resorting to violence with the expectation of obtaining positive results can be reinforced shows that.

CONCLUSION AND DISCUSSION

Childhood trauma experiences; Children under the age of 18 may have experiences that can affect their emotional, cognitive, physical, behavioral and social development, and children who have been exposed to trauma in childhood can experience the effects and negative consequences of trauma intensely in their adult lives (WHO, 2016). Childhood traumas can bring stress as well as develop psychological symptoms in children (Balo, 1955). The variety and frequency of these symptoms can increase the severity and frequency of childhood trauma experiences, and it can be seen that the negative effects of child neglect and abuse, which can be seen in every part of it, continue even years after the event (Avcı, 2008). 59.3% of the convicts interviewed were subjected to violence

by their fathers, 10.2% by their mothers, 22.4% by their siblings, and 34.5% by their fathers, inflicting violence on their mothers. reveals that most of them have negative family relationships and come from broken families (Çiftçi, 2009). Another study conducted with individuals who have been exposed to childhood traumas reveals that these individuals are more aggressive and experience adjustment disorders (Teicher et al. 2006). Persons exposed to sexual abuse; may encounter many problems in adulthood and these problems; behavioral, sexual, emotional, depressed mood, anxiety, depression and lack of self-confidence, and they can become abusive in adulthood (Wekerle, Miller, Wolfe, & Spindel, 2006). In a study conducted with 42 women who killed their husbands and 205 women who did not commit murder but were abused by their husbands, it was found that women in both groups were either physically abused or exposed to sexual abuse, and in the same study, the rates of domestic sexual assault during childhood of women in both groups were found to be significantly higher. It also reveals that it is high (Browne, 1991). The results of this research show us that a significant portion of abused women come from the abused house.

SUGGESTIONS

Research on adult guilt and childhood traumas shows us that guilt and childhood traumas are related. In line with this result, taking preventive measures for the prevention of crime, giving importance to the education of parents in order to inform families about the possible consequences of childhood traumas, giving importance to public awareness activities through the media, and mostly by organizing trainings on childhood traumas and their consequences by the Ministry of Health, raising awareness of families, By applying individual and group therapies to convicts whose age trauma has not been resolved, both childhood traumas can be prevented and childhood traumas can be resolved so that they adapt to social life after release and not turn into criminal behavior again. It is thought that crime can be prevented.

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