



CHILDHOOD TRAUMA AND LOVE LANGUAGES IN YOUNG ADULTS

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Abstract: The current study aims to determine whether there is a relationship between childhood trauma and a person's love languages (words of affirmation, quality time, receiving gifts, acts of service, and physical touch) irrespective of their demographics. The objective is to understand and determine if childhood traumas are an important determining factor in the development of love languages. A sample of 110 participants (18 – 27 age) was collected to find the correlation between childhood trauma and love languages. The conclusion indicates that there is no strong correlation observed between childhood trauma and love languages except for quality time ($r = -0.263^{**}$; $p = 0.006$) and physical touch ($r = 0.219^{*}$; $p = 0.021$) which is reported as weakly correlated according to this study.

Keywords: childhood trauma/childhood maltreatment, relationships, Chapman's Five Love Languages, young adults.

1. INTRODUCTION

1.1 CHILDHOOD TRAUMA

Child abuse and neglect, also known as child maltreatment, are defined by the Child Abuse and Prevention Treatment Act as any recent action or inaction on the part of a parent or guardian that causes "death, serious physical or emotional harm, sexual abuse, or exploitation", or an action or inaction that creates a direct danger of grave damage. Barnett et al. stated that there are two types of childhood maltreatment: "acts of commission" – assault (physical, emotional & sexual) & "acts of omission" – neglect (physical & emotional) (as cited in Hagborg et al., 2022). Childhood maltreatment is an indicator to suggest that the child didn't have a safe & healthy environment which could have caused some or major levels of disruption in the cognitive, psychological, physical & behavioral pathways of development, thus can affect adulthood, relationships, and many more aspects of life. (Schaub (2007); Vahapoglu et al. (2018); Sun et al, 2021; etc.).

On a Global level, 3 out of 4 children (2-4 age) have suffered physical abuse, whereas, females (1:5) & males (1:13) are reported sexually abused by the end of adolescence (World Health Organization: WHO, 2022). This suggests that a great ratio of the Global population has gone through some type of abuse (physical, emotional & sexual) or neglect (physical & emotional). These can be seen as failures to provide basic care or meet a child's basic needs during childhood. For example, lack of emotional support or physical presence of parents, sexual exploitation, or basic need (food, shelter, safety, security, education, medical care, etc.). In many countries, clinical research suggested that majorly attachment figure is responsible for childhood maltreatment 'chronic abusive experiences' at an early age (as cited in Şar, 2020).

Childhood maltreatment (childhood trauma) in India among children is approximate "74% (Physical abuse)", "72% (emotional abuse)", "69% (sexual abuse)", "60% (emotional neglect)", "58% (physical neglect)" and "71% (overall neglect)" (University of Bristol, 2021). Such studies can give us an estimate of the situation of a developing nation (India) but it can certainly not apply to all regions as factors like poverty, illiteracy & gender inequality play a significant role in the prevalence rate of childhood maltreatment (Charak & Koot, 2014).

According to studies, childhood trauma—whether it was from physical, mental, or sexual abuse or unintentional—can generate tension in adulthood. When children are neglected or subjected to harsh criticism all the time, it might lead to similar adult behaviors. Inadvertent trauma infiltrates and endangers interpersonal connections at a later phase of life. The holistic development of victims is affected significantly, as suggested by the study of Sar & Ozturk in 2005 (as cited in Yumbul et al., 2010) trauma is a distressing and unexpected situation (past/ongoing) that can substantially disrupt the psychosocial experience and hinder the victim's ability to cope. Widom (1989) conducted a study on the criminal history of people who were abused & neglected in childhood compared to those who were not, it was observed that people with worse criminal histories (those with more arrests & violent offenses) were more likely to have experienced abuse & neglect at a young age, these results show the possibility of large, adverse, long-term

connections between traumatic experiences occurring before maturity and poor adult outcomes (as cited in Brannigan, 2020). Unhealthy personalities (neurotic, anxiety-prone, addiction), behavioral issues (high-risk takers), and ill-regulated emotional management (could even lead to suicidal issues) can be part of the aftermath of childhood maltreatment in adulthood (e.g., sexual maltreatment) as suggested by multiple studies (Vahapoglu et al., 2018). Huh et al. also proved a significant relationship between childhood emotional (abuse & neglect) & sexual maltreatment and their impact on psychological issues (depression, state/severe anxiety & anxiety sensitivity) (as cited in Vahapoglu et al., 2018). According to research conducted by Dorahy, Brand, Şar, Kruger, Stavropoulos, & Martinez-Taboas, et al, 2014, dissociative disorders are the clinical category that is consistently linked to childhood trauma among other psychiatric diseases (as cited in Şar, 2020).

Childhood trauma can cause negative attitudes towards healthy functional relations and bonding of relationships (family, friends, spouse & many more) as we are “pre-programmed to form attachments with others” which can be understood by John Bowlby’s attachment model, further explained by “internal working model” by Bretherton & Munholland in 1999 i.e., how an individual comprehend his/her identity, their surroundings, and other individuals to act as a perceptive map formed by their childhood memories and assumptions (internal model) which act as a determining and assisting factor to evaluate their interaction with others (as cited in Phillimore, 2014).

1.2 LOVE LANGUAGES

Chapman (1992) deduced the concept of “love languages” from his lifelong experience as a relationship counselor. He stated that people express and perceive love differently, which acts as a complex part of a relationship and creates a barrier between people, leading to failed relationships or poor emotional connection. The five love languages (FLL) can be understood as “five ways that people speak and understand emotional love” -the basic(primary) love language is present in every human being in different ratios and preferences. The five love languages are:

- a) Words of affirmation (reassuring, sympathetic, modest, appreciative words)
- b) Quality time (intimacy, understanding, undivided attention during activities)
- c) Receiving gifts (visual representation of love irrespective of money, size, etc.)
- d) Acts of service (sharing of responsibilities, consideration, practical action)
- e) Physical touch (physical intimacy, cuddling, hugging, non-sexual touch)

He (Chapman, 1992) also highlighted that initial childhood experiences play a significant role in forming the child’s ‘unique emotional pattern’ known as “primary love language” which is the most comfortable way of expressing love, however, “secondary love language” can also be learned (like learning different language from your mother tongue). For a healthy and positive attitude in a relationship, we need to know each other’s primary love language for better comprehension and communication of love. Love languages are not only limited to the couple or intimate relations it applies to all relationship and bonding (parent-child, family, friends).

In Chapman’s book, *The 5 Love Languages* (1992), he also mentioned Dr. Ross Campbell who used the term “love tank” as a metaphor which represents an individual’s emotional satisfaction of love quota or love bank (low emotional satisfaction -empty love tank and high emotional satisfaction-full love tank) and e.g., “almost all sexual misconduct in adolescents is rooted in an empty emotional love tank”.

In the psychology domain “Love Science” has been scientifically explored over time, some explain it with attachment theory and other related love with the primal instinct of sexual activities in humans (Fraley & Shaver, 2000; Gonzaga, Keltner, Turner, Campos, & Althemus, 2006; as cited in Surijah & Septiary, 2016). Burgoon et al. (1993) in the view of interaction adaptation theory stated that people compare their wants, expectations, and wishes to conversational partners’ behaviors and reciprocate behaviors that correspond to or exceed those requirements, expectations, and wishes (Polk & Egbert, 2013). Irrespective of different perspectives on understanding love it is a “worthwhile” scientific study (Surijah & Kirana, 2020). But love can decline if not properly nourished or looked after irrespective of the fact ‘how much you love each other’, hence more cases of separation (divorce, break up) & dysfunctional families can be seen in last few decades. To lower such scenarios, we need to learn more about love and how it works differently for every individual in receiving and giving love. In such cases, the concept of love languages can be adopted to improve relationship quality and satisfaction.

Some criticism was also put forward by many researchers on Chapman’s idea of love languages as cultural diversity and norms of religious value can change one’s perspective on love languages, hence it can’t be generalized for the global population e.g., Louie, 2014 in respect to Asian countries (as cited in Surijah & Kirana, 2020). Mathew and S (2022) study suggested that the concept of five love languages is “applicable to the Indian context” with few dialects in gift-giving and physical touch as “language of Actions & time” respectively while researching the different types of love languages in India, they identified quite a few of dialects (bickering, cooking, loving the extended family members, enabling, resilience, etc.); and it is gender neutral and applicable to females & males equally (Chapman, 1992) in all relationships (homosexual & heterosexual couple) (Hughes & Camden, 2020). Surijah & Kirana (2020) also found a new component while conducting scale factor analysis on the Five Love Language scale (Indonesian version) “sacrificial” love language which is the combination of gift receiving & acts of service.

1.3 CHILDHOOD TRAUMA and RELATIONSHIPS

The father of psychoanalysis, Sigmund Freud, once said: “We are never as vulnerable to pain as when we are in love.” We give up our ego when we fall in love and allow someone else to decide our emotional fate. One indulgent gesture or laugh from our partner might brighten our day. Our dreams are dashed into hopelessness and misery by his or her neglect (Akhtar, 2012). Therefore, we can say that our emotional or interpersonal values are devised with love and nurturing from the people we look up to (family, friends, parents, partners, and caregivers) according to Gordon and Baucom (2009), partnerships that support self-expansion are more likely to be satisfying because they “provide a fertile environment for the development of individual strength,” which in turn strengthens the relationship; values (like friendship, devotion, benevolence, equity) & dedication to process has come to be seen as a more significant indicator of successful interpersonal connections rather than lack of dispute (Bland & McQueen, 2018), and if we don’t get the love or get neglected by these people, we face psychological or interpersonal problems in life which act a barrier in getting the most from the life, Godbout et al. (2014) explained in most of the cases bond between victim and abuser in childhood maltreatment case can create “interpersonal difficulties” like the fear of abandonment or trust issues etc. and “impair couple satisfaction” like sexual desires, communication, etc.; Holt-Lunstad et al., 2010; Vaillant & Mukamal, 2001 suggested that for the

maintenance and satisfaction of adult's relationship requires overall wellbeing (physical, emotional & psychological) of an individual; a study also showed the higher chances of separation or divorce in victims of childhood trauma (as cited in Godbout et al., 2020). There is an increased risk of overall health issues and relationships in later life for someone who has encountered traumatic or unfavorable childhood events (Dua, 2022). Such mistrust, fear, and anxiety can also create a lot of pressure on victims as they always feel conflicted between a fight or flight response to any problem as they don't want to repeat the toxic cycle of suffering or they don't know how to break free. This is not just observed in intimate relationships it is also seen between friends, conflict at work, parenting, etc. "A child who is abused is more likely to abuse others as an adult..." (World Health Organization: WHO, 2022). Additionally, a substantial association between marital commitment issues and posttraumatic avoidance behaviors has been determined by Staples et al. 2012; although still, some researchers have shown mixed results (weak or non-existent direct links) (as cited by Godbout et al., 2020) which calls for more scientific research literature on the topic.

NEED OF THE STUDY.

The rationale of the study is that no direct relationship or association is given between childhood trauma & love languages but researches show both affect the pattern of human emotions, needs, & fundamental workings. Hence, we can say that there might be a correlation between childhood trauma and love languages which is the purpose of this study as there is a lack of empirical data concerning young adults in India

2. RESEARCH METHODOLOGY

The purpose of the current study is to determine whether there is a relationship between childhood trauma and a person's love languages (words of affirmation, quality time, receiving gifts, acts of service, and physical touch) irrespective of their demographics.

2.1 Population and Sample

This study collected data through simple random sampling from young adults aged between 18 to 27 years old with English proficiency as the questionnaire was in the English language. The data was collected via offline mode.

2.2 Data and Sources of Data

The questionnaire designed for the present study used Childhood Trauma Questionnaire – Short Form (CTQ-SF; Bernstein & Fink, 1998; re-designed retaining the same content as the original by Bruce, 2019) and The Five Love Language Test (Chapman, 1992) with demographics form with included following: names (confidential), age, gender (female/male/other), relationship status (single/married/in a relationship/other), birth order (first child/second child/only child/other), employment (employed/employed student/student), family annual income (below 1 lakh/between 1-10 lakh/above 10 lakhs) and family type (nuclear family/joint family) with informed consent.

(a) CHILDHOOD TRAUMA QUESTIONNAIRE

In the present study, we have used the Childhood Trauma Questionnaire – Short Form (CTQ-SF; Bernstein & Fink, 1998; re-designed retaining the same content as the original by Bruce, 2019) has 28 items, of which 25 measure all forms of childhood maltreatment, whereas 3 items measure Minimisation/Denial, which is not taken into consideration during analysis and the total score is titled as "childhood trauma raw" of results with proper scoring according to manual. These five subscales, each with five items, are titled CTQ Emotional Abuse, CTQ Physical Abuse, CTQ Sexual Abuse, CTQ Emotional Neglect, and CTQ Physical Neglect for the current study. According to several research, the CTQ's validity and reliability have been established the internal consistency reliability coefficient for the CTQ ranges from a median of 0.66 to 0.92 across a range of seven different samples, and the test-retest reliability coefficient ranges from 0.79 to 0.86 over an average period of 3.6 months (Bernstein et al., 2003) these results show that the CTQ has good reliability and its cut-off value of ≥ 35 for the overall CTQ score denotes a considerable history of childhood trauma (Vahapoglu et al., 2018).

(b) FIVE LOVE LANGUAGE SCALE

The Five Love Language scale consists of 30 items with two forced options (representing different love languages; words of affirmation, quality time, acts of service, receiving gifts & physical touch) choice which the person preferred more compared to other options while receiving love. There are 12 statements for each love language (paired three times with counterpart love language), hence the total score ranges between 0 to 12 (each love language) and the highest score depicts the individual primary love languages whereas the second score (if close to first) signifies the second primary love language preferred & if a tie (draw) is observed the person has two primary love languages.

2.3 Theoretical framework

Objective

The objective is to understand and determine if the presence of childhood traumas is an important determining factor in the development of love languages.

HYPOTHESIS

Hypothesis 1: There will be a significant relationship between childhood traumas (Childhood maltreatment) and words of affirmation (love language) in young adults.

Hypothesis 2: There will be a significant relationship between childhood traumas (Childhood maltreatment) and quality time (love language) in young adults.

Hypothesis 3: There will be a significant relationship between childhood traumas (Childhood maltreatment) and receiving gifts (love language) in young adults.

Hypothesis 4: There will be a significant relationship between childhood traumas (Childhood maltreatment) and acts of service (love language) in young adults.

Hypothesis 5: There will be a significant relationship between childhood traumas (Childhood maltreatment) and physical touch (love language) in young adults.

DESIGN

The correlation is a statistical method used to assess a possible linear association between two continuous variables which is adopted in this study.

VARIABLES

- Dependent Variable- Love Languages (words of affirmation, quality time, receiving gifts, acts of service & physical touch)
- Independent Variable- Childhood Trauma

PROCEDURE

The questionnaire was distributed among the 110 participants and data were collected using English as the response language. The data from the questionnaires were curated in the Excel sheet. A sheet was prepared to curate the demographics which included the participant's age, gender (female or male), family structure (nuclear or joint), birth order (first child, second child, only child, and others), family annual income (below 1 Lakh, between 1-10 Lakh and, above 10 Lakh), relationship status (single, in a relationship, married), Occupation of the participants (students, employed, employed & student) for which the mock coding was carried out for gender (1 = female, 2 = male, and 3 = other), family structure (1 = nuclear, 2 = joint), birth order (first child, second child, only child, and others), family annual income (1 = below 1 Lakh, 2 = between 1-10 Lakh and, 3 = above 10 Lakh), relationship status (1 = single, 2 = married, 3 = in a relationship), employment of the participants (1 = students, 2 = employed & student, 3 = employed).

3. RESULTS AND DISCUSSION

MS Excel was used for generating the descriptive statistical analysis of the 110 participants.

Table 1: Descriptive Analysis of the data collected

	<i>Childhood Trauma Questionnaire Raw Score</i>	<i>Words of Affirmation</i>	<i>Quality Time</i>	<i>Receiving Gifts</i>	<i>Acts of Service</i>	<i>Physical Touch</i>
Mean	40.527	5.355	9.127	2.936	6.682	5.845
Median	34.500	5.000	9.000	3.000	6.500	6.000
Mode	28.000	5.000	9.000	2.000	6.000	6.000
Standard Deviation	15.441	1.805	1.447	1.869	2.150	2.750
Minimum	26.000	1.000	5.000	0.000	2.000	0.000
Maximum	102.000	11.000	12.000	8.000	12.000	12.000
Confidence Level (95.0%)	2.918	0.341	0.273	0.353	0.406	0.520

Table 2: Correlation between Childhood Trauma & Words of Affirmation:

S.No.	Variable	Number of participants (N)	Correlation Coefficient (r)	Significance
1.	Childhood trauma	110	-0.116	Insig. (p=0.227)
2.	Words of affirmation	110		

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Table 3: Correlation between Childhood trauma & Quality Time:

S.No.	Variable	Number of participants (N)	Correlation Coefficient (r)	Significance
1.	Childhood Trauma	110	-0.263**	Sig.** (p= 0.006)
2.	Quality Time	110		

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Table 4: Correlation between Childhood trauma & Receiving Gifts:

S.No.	Variable	Number of participants (N)	Correlation Coefficient (r)	Significance
1.	Childhood Trauma	110	0.145	Insig. (p=0.132)
2.	Receiving Gifts	110		

**. Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed).

Table 5: Correlation table for Childhood trauma & Acts of Service:

S.No.	Variable	Number of participants (N)	Correlation Coefficient (r)	Significance
1.	Childhood Trauma	110	-0.135	Insig. (p=0.161)
2.	Acts of Service	110		

** . Correlation is significant at the 0.01 level (2-tailed).

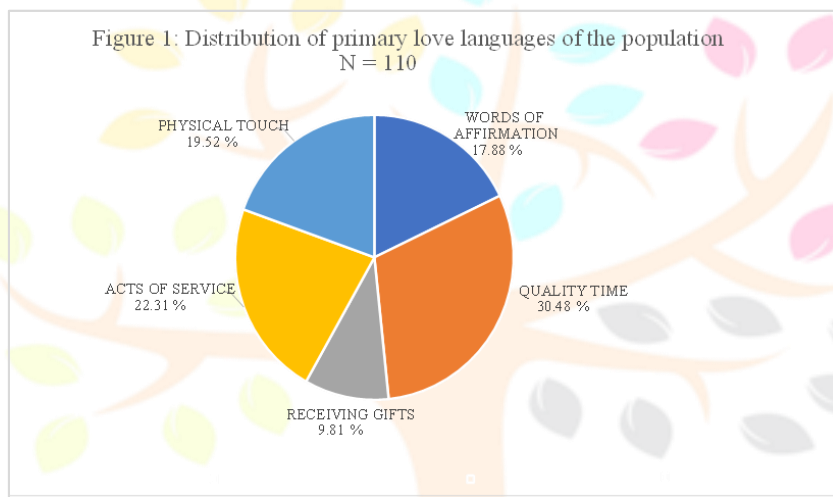
*. Correlation is significant at the 0.05 level (2-tailed).

Table 6: Correlation between Childhood trauma & Physical Touch:

S.No.	Variable	Number of participants (N)	Correlation Coefficient (r)	Significance
1.	Childhood Trauma	110	0.219*	Sig.* (p=0.021)
2.	Physical Touch	110		

** . Correlation is significant at the 0.01 level (2-tailed).

*. Correlation is significant at the 0.05 level (2-tailed)



The questionnaire was shared among 110 those who were in the age range of 18–27 years ($M = 21.32$, $SD = 2.11$). The total number of female participants was 72.7% while males account for 27.2% of the total sample size. Out of these participants, students account for 88.2% of the sample size followed by 4.6% of employed and participants who pursued the studies while working makeup up 7.5% of the total sample size. Of these participants, 77.8% were residing in a nuclear family set-up while 22.7% came from a joint family set-up. Similarly, the distribution for both birth order and family annual income was also calculated. For the birth order, 43.63% were the firstborn while 40.9% were the second born, followed by the third born which account for 10.9% of the sample size. The remaining 4.5 % represented the only child in the dataset. The family's annual income header was further divided into three subsets – below 1 Lakh, between 1- 10 Lakh, and above 10 Lakh. The participant distribution among these subsets was 7.3%, 60.9%, and 31.8% respectively. The demographics are not included for the analysis purpose or classification of data.

For hypothesis 1: A sample of 110 young adults was taken to find out the relationship between childhood trauma and words of affirmation (love language). According to **Table 2**, Pearson's Correlation Coefficient ($r = -0.116$) depicts a weak negative correlation. The p-value of .227 suggests that the correlation is not statistically significant. Hence hypothesis 1 is rejected which stated that there will be a significant relationship between childhood trauma and words of affirmation (love language).

For hypothesis 2: A sample of 110 young adults was taken to find out the relationship between childhood trauma and quality time (love language). According to **Table 3**, Pearson's Correlation Coefficient ($r = -0.263^{**}$) depicts a weak negative correlation. The p-value ($p = 0.006$) suggests that the correlation is statistically significant at 0.01 level (2-tailed). Hence hypothesis 2 is accepted which stated that there will be a significant relationship between childhood trauma and quality time (love language).

For hypothesis 3: A sample of 110 young adults was taken to find out the relationship between childhood trauma and receiving gifts (love language). According to **Table 4**, Pearson's Correlation Coefficient ($r = 0.145$) depicts a weak positive correlation. The p-value ($p = 0.132$) suggests that the correlation is not statistically significant. Hence hypothesis 3 is rejected which stated that there will be a significant relationship between childhood trauma and receiving gifts (love language).

For hypothesis 4: A sample of 110 young adults was taken to find out the relationship between childhood trauma and acts of service (love language). According to **Table 5**, Pearson's Correlation Coefficient ($r = -0.135$) depicts a weak negative correlation. The p-value ($p = 0.161$) suggests that the correlation is not statistically significant. Hence hypothesis 4 is rejected which stated that there will be a significant relationship between childhood trauma and acts of service (love language).

For hypothesis 5: A sample of 110 young adults was taken to find out the relationship between childhood trauma and physical touch (love language). According to **Table 6**, Pearson's Correlation Coefficient ($r=0.219^*$) depicts a weak positive correlation. The p-value ($p=0.021$) suggests that the correlation is statistically significant at 0.05 level (2-tailed).

Hence hypothesis 5 is accepted which stated that there will be a significant relationship between childhood trauma and physical touch (love language).

In **Figure: 1** we can also see the distribution of primary love languages most preferred by the population is quality time (30.48%) and second acts of service (22.31%), whereas receiving gifts (9.81%) is the least preferred love language and words of affirmation (17.88%) and physical touch (19.52%) have almost same distribution percentage according to data acquired by this study.

4. CONCLUSION

Childhood Trauma is one of the concerning problems measured in both developing and developed nations, developed nation takes quite a few precautions and create awareness about the neglect & abuse a child might be facing or have faced, to lower the ratio of childhood trauma but in developing countries ratio is still higher because the other factors like poverty, basis health & hygiene, etc., still we can see a persistent number of cases around the globe reported. These cases report abuse & neglect for both boys and girls. As we have seen several studies on how childhood trauma can complicate human emotions (aggression, violence, anxiety, etc.) & view toward relationships especially when it comes to comprehending and showing love and affection, we can say that a victim of childhood trauma can find it difficult to establish & sustain satisfying relationships with their family, friends, partners, children; they might even fall into a vicious cycle of trauma (e.g., generational trauma, unhealthy relationships,) so we need to watch out for such negative aspect and take precautions to have a good relationship and bonding with our loved ones.

For a simplified understanding of love: expressing & receiving by others; Dr. Gary Chapman created the idea of "love languages". These involved words of affirmation, quality time, receiving gifts, acts of service & physical touch, some other researchers also suggested "Sacrificial love" or "bickering, respectful & loving for in-laws or extended family, cooking" in Asian countries (India, Indonesia). It can be challenging for a person who has dealt with childhood trauma which now may have disrupted the emotional capability to identify & comprehend healthy love in a relationship example: a victim of sexual abuse (exploitation or violation) might face difficulties while having an intimate relationship with their partner, a person who was neglected in childhood might repeat the same pattern with their children as they have never experienced it before now they face the difficulty to form a healthy relationship as an adult/parent.

In this study, we concluded that people who have reported childhood trauma (physical, emotional & sexual abuse, or physical & emotional neglect) have a weak correlation with the individual's love languages (words of affirmation, quality time, receiving gifts, acts of service & physical touch). Other than quality time ($r=-0.263^{**}$; $p=0.006$) & physical touch ($r=0.219^*$; $p=0.021$) there was no significant relationship with childhood trauma i.e., words of affirmation, receiving gifts & acts of service, as discussed in the discussion section.

From the data collected, it could be also seen that most of the participants have given preference to the quality time (30.48%) against other love languages, whereas the acts of services (22.32%) took second place on the preferences while both words of affirmation (17.88%) & physical touch (19.52%) have almost similar distribution & the receiving gift (9.81%) are the least preferred way of love display. A previous study also showed that receiving gifts is seen as "buying affection" and "physical touch is still considered taboo" in Asian culture (Louie, 2014; as cited in Surijah and Kirana, 2020), hence it could be a reason for people to not give preference to receiving gifts and physical touch. According to research by Hughes and Camden (2020), quality time is the most preferred love language, and receiving gifts is the least preferred language, which is also seen in this study analysis.

So, in conclusion, we can say that the person who has gone through any childhood trauma may face complexities in adulthood and may struggle with their expression and acceptance of love but no strong correlation is observed between childhood trauma and love languages except for quality time (negative) and physical touch (positive) which is reported as weakly correlated according to this study.

While we considered only age (adolescence group) at the being of the study but based on the analysis it could be suggested that a questionnaire should be distributed among the broader population to capture the multiple criteria like parents' education, and family relations in the form of a pair like husband-wife & parent-children or sibling.

Future implications of this study could be to understand the between childhood trauma and love languages to understand the interpersonal relationships among the participants either based on their family structure or personal relations.

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