Childhood Trauma, Emotional Regulation, Sleep Quality and Family Functioning in young adults



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APPROVAL OF RESEARCH PAPER

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Session: Fall-2022

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Dear MS/MPhil Student,

I am pleased to inform you that your research proposal on Childhood trauma on emotional regulation, sleep quality and family functioning in young adults has been approved. You may, therefore, continue you research on this theme and produce a quality thesis, as per the HEC requirements.

I take this opportunity to remind you that you must complete your thesis, and defend it successfully, by Summer-2025; this is the date which marks the end of the Extended Duration of your programme. However, to remain eligible for honors and awards, you must complete the thesis, and successfully defend it, by the end of week-10 of the Summer-2024 semester.

I wish you every success.

Date:January 25, 2024

Supervisor,

Dr. Urooj Sadiq

_____

AUTHOR DECLARATION

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Name of student: MAHAM NAVEED

Date: September 29, 2024

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Name of student: Maham Naveed

Dedicated to

This thesis is dedicated to the memory of my beloved **father**, whose love and advice inspire me everyday, is honored in this thesis. Even though you are no longer with us, your wisdom and spirit have helped me so much in this path.

To my **mother**, who has been my biggest source of strength with her steadfast support and boundless love. Your encouragement and efforts made this accomplishment possible.

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ABSTRACT

In this research, young adults' sleep patterns, family functioning, emotional dysregulation, and childhood trauma were all investigated. This research contained a sample of 361 young adults [N=361] between the age range of 18-24 years. Correlational research design was used to investigate the relationship between variables. Following measures were used to assess the findings: demographics sheet, to obtain the personal information about the research participants and Childhood Trauma Questionnaire (CTQ; Bernstein & Fink, 1998), Difficulties in Emotional Regulation Scale (DERS; Gratz & Roemer, 2004), Pittsburgh Sleep Quality Index (PSQI; Buysse, 1989) and Family Functioning Style Scale (FFSS; Deal, Trivette & Dunst, 1988) were used. Purposive sampling technique was used to select the population. In order to investigate the relationships between these constructs, data were examined using SPSS 26 using correlation and regression analysis. The results showed that childhood trauma positively predicted emotional dysregulation. The findings also showed that childhood trauma negatively predicted sleep quality in young adults. The outcomes of the research also showed that childhood trauma negatively predicted family functioning in young adults. These results show the intricate relationships that exist between early negative experiences and outcomes in later life, emphasizing the value of treating emotional and sleep-related problems in therapeutic interventions for those who have experienced childhood trauma.

Keywords: Childhood Trauma, Emotional Dysregulation, Sleep Quality and Family Functioning

TABLE OF CONTENT

Approval of research proposal…….. ii

Declaration……. iii

Plagiarism Undertaking……. iv

Dedication…….. v

Acknowledgments…….. vi

Abstract…….. vii

List of Tables…….. x

List of Abbreviation…… xi

List of Symbols…… xii

List of Appendix…….. xiii

CHAPTER 1 INTRODUCTION……. 1

1.1 Background…… 2

1.2 Rationale of the Study…… 10

1.3 Problem Statement……. 10

1.4 Research Question…….. 11

1.5 Objectives…… 11

1.6 Significance of the study……. 12

1.7 Hypotheses ……. 12

CHAPER 2 LITERATURE REVIEW…….. 13

CHAPER 3 RESERCH METHODOLOGY……. 23

3.1 Research Epistemology…… 23

3.2 Research design…… 23

3.3 Population and Sampling…….. 23

3.4 Data Collection……. 23

3.3.1 Operational Definition…… 27

3.4 Procedure…… 28

3.5 Data Analysis…… 29

3.6 Research Ethics……. 29

CHAPTER 4 RESULTS…….. 30

CHAPTER 5 DISCUSSION AND CONCLUSION…….. 35

5.1 Discussion……. 35

5.2 Implications of the study and AI ..…… 38

5.3 Limitation of the study…….. 38

5.4 Future direction…….. 39

5.5 Conclusion…….. 39

REFERENCES…… 41

APPENDICES……. 53

List of Tables

Table No.	Title	Page no.
Table 4.1	Frequencies and Percentages of Demographic Variables (N=361)	30-31
Table 4.2	Psychometric Properties of the study of Variables (N=361)	32
Table 4.3	Correlation among Childhood Trauma, Emotional Dysregulation, Sleep Quality and Family Functioning	33
Table 4.4	Regression coefficient of Childhood Trauma on Emotional Dysregulation, Sleep Quality and Family Functioning	34

List of Abbreviation

Abbreviation	Full Form
APA	American psychological association
DSM	Diagnostic and statistical manual of mental disorder
SPSS	Statistical package for social science
CTQ	Childhood Trauma Questionnaire
DERS	Difficulties in Emotional Regulation Scale
PSQI	Pittsburgh Sleep Quality Index
FFSS	Family Functioning Style Scale

List of Symbols

Symbols	Full Form
α	Alpha Cronbach's Index of Internal Consistency
β	Standardized Coefficient
B	Unstandardized Beta Coefficient
f	Frequency
M	Mean
SD	Standard Deviation
%	Percentage
r	Correlation Coefficient

List of Appendix

Appendix		**Page no**
Appendix A	Permission from Authors	53
Appendix B	Permission letter from the Department of Professional Psychology	59
Appendix C	Consent Form	61
Appendix D	Questionnaire	63
Appendix E	Plagiarism Report	72