



Impact of Positive Childhood Experience on Wellbeing: The Serial Mediation through Psychological Resilience and Personal Control among Adults

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Abstract

The present study examined the relationship between positive childhood experiences and wellbeing among adults with assessing the serial mediating effect of psychological resilience and personal control. A sample consisted of 300 adults; 170 male and 130 female aged between 18 to 30 years was approached at university. Participants provided data on a booklet comprising Positive Childhood Experience Scale (Bethell et al., 2019), Well-being Scale (Hermanns, 2007), Brief Resilience Scale (Smith et al., 2008) and Brief Self-Control Scale (Tangney et al., 2004) along with a demographic variables sheet. Findings revealed that positive childhood experience significantly predicted wellbeing, psychological resilience, and personal control. Psychological resilience also predicted personal control and wellbeing. Findings demonstrated the significant total and direct effect of positive childhood experiences on wellbeing; and significant indirect effects through psychological resilience and personal control.

Keywords: Positive Childhood Experience, Well-Being, Psychological Resilience, Personal-Control

1. Introduction

Childhood experiences are responsible for the basis for growth across the lifespan. Positive childhood experience consequences originated over a decade ago. Over the past five years, research on this subject has extended. Positive experiences have a crucial shielding and promoting function in lessening the potential impacts of bad childhood experiences or unfavorable circumstances in lifespan (Kocatürk & Çiçek, 2023; Masoom et al., 2020). Positive childhood experiences (PCE) consist of having pleasant interactions with blood relations, nurturing in a secure setting, partaking in social engagement prospects, and developing emotional intelligence (Kocatürk & Çiçek, 2023). According to research, Positive childhood actions are linked to less emotional difficulties as adults and more well-being (Richards & Huppert, 2011). People who grow up in challenging circumstances may face difficulties and obstacles during adolescence and adulthood (Kocatürk & Çiçek, 2023). More generally, social assistance, emotional competency, coping skills, social affection, and positivity are linked to the consequences of somatic, societal, emotive, intellectual, or behavioral distresses or adverse events on lifetime development (Elmore et al., 2020).

Additionally, the resilience model incorporates some PCE elements within an ecological framework consisting of several schemes (e.g., characteristics of individual, intimate, community) (Cicchetti, n.d.), favorably impacting personal development (Narayan et al., 2021). PCEs may improve people's capacity to handle difficult situations by helping them acquire the skills necessary to respond constructively to setbacks (Baglivio & Wolff, 2021). Adolescents and grown-ups who have had PCEs, which include secure, nourishing relationships and settings, are less likely to engage in unhealthy behaviors or have poor health consequences. For people who have suffered childhood adversity, PCEs might not individually offer protection in contradiction of unfavorable health concerns; nevertheless, similarly lessen the damaging impact of ACEs on lasting healthiness. The majority of research on PCEs focuses on their effects on mental health, but more recent research has exposed that they also have an optimistic influence on sexual health (Agathis et al., 2023).

Furthermore, understanding of resilience processes is required, especially concerning the primitive vs. protective roles PCEs play in linking to more adaptive outcomes, especially in childhood adversity. In contrast, some investigators have theorized that positive practices are a primitive factor that, independent of the impacts of adversity, directly predicts better outcomes (Bethell et al., 2019; Narayan et al., 2018). Optimistic interactions and experiences never happen in isolation; instead, they frequently build up over several ecological levels, which has a cumulative positive impact on adaption and positive adjustment (Masten et al., 2021; Narayan et al., 2021).

The capability to exhibit affirmative responses and employ applicable managing mechanisms to overcome challenges in the face of unfavorable life events that could seriously jeopardize a person's development is known as psychological resilience. Childhood traumas and unpleasant experiences can have a detrimental impact on an individual's psychological resilience as they become older (Özaslan & Yildirim, 2021).

Individuals with positive childhood practices are more psychologically resilient than those with unfavorable childhood experiences and low psychologically resilient are related to a greater level of depression (Elmore et al., 2020; Kocatürk & Çiçek, 2023). Childhood is when self-control skills first appear as consistent, early-stage individual variances. (Silvers et al., 2017) but also get better with time as executive functioning develops (Diamond, 2014). These findings point to developmental roots for consistent individual variations in "trait" self-control (Ent et al., 2015).

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However, age or individual characteristics do not fully explain the variation in self-control. Our ability to comprehend our thinking and the outside environment is crucial for promoting self-control, even in early childhood. In lab experiments, for instance, kids can learn several cognitive strategies to increase their self-control, like pretending, diversion, reframing, psychological distancing, or altering their self-beliefs (Haimovitz et al., 2020). Children's ideas about free will seem to develop about the same time that executive functioning and cognitive, emotional, and social self-regulation skills increase. This lends credence to the idea that children's conceptions of free will correlate with their own self-control experiences (Zhao et al., 2021).

This study aims to understand the relationship between adults' positive childhood practices and wellbeing. It determines the relation between positive childhood practices and adults' well-being, with a focus on the mediator's psychological resilience and personal-control. It adds a significant understanding to the existing research by exploring, how early positive practices create psychological resilience and personal control, and then impact adult wellbeing. The conceptual framework of this research uses well-known psychological theories like positive psychology and attachment theory, as a theoretical framework through which to examine interactions. With a thorough grasp of the serial mediation effect that links childhood experiences to adult's wellbeing.

On the basis of review of the literature, the study focused on to examine the impact of positive childhood experience on wellbeing and to investigate the serial mediation through psychological resilience and personal control among adults. It was assumed that positive childhood experience will be positively correlated with wellbeing, psychological resilience, and personal-control. Psychological resilience and personal-control will mediate as serial mediators the relationship between positive childhood experience and wellbeing among adults.

2. Method

2.1. Participants

Participants were 300 university students aged between 18 and 30 years; selected through convenience sampling technique. Participants were divided into gender as 170 = males and 130= females. Adults were approached during their studies at university campus.

2.2. Instruments

Following scales were used to collect the data from participants.

2.2.1. Positive Childhood Experience Scale

Positive childhood experience scale developed by Bethell et al. (2019) comprises four items responded on 5-point Likert scale from "Never" to "all of the time". Reliability coefficient was found .79.

2.2.2. Well-being Scale

Well-being scale developed by Hermanns (2007) comprises five items responded on a 5-point Likert scale from "all the time" to "at no time". Reliability coefficient was found .81.

2.2.3. Brief Resilience scale

Brief Resilience Scale developed by Smith et al., (2008) comprises five items responded on a 5-point Likert scale from "strongly disagree" to "strongly agree". Reliability coefficient was found .80.

2.2.4. Self-control Scale

The Self-control Scale developed by Tangney et al. (2004) comprises 13 items responded on a 5-point Likert scale from "not at all like me" to "very much like me". Reliability coefficient was found .78.

2.3. Procedure

A data collection booklet comprising four questionnaires measuring study variables along with demographic information sheet was administered to a sample of 300 university students. They were contacted at university campus and were briefed about the purpose of the study. Participants who showed willingness to participate in the study were asked to fill out the questionnaires. They were instructed how to respond on the items. Confidentiality of their responses was assured to all participants. They were allowed to withdraw from the research at any time when they feel. The collected data then were analyzed on SPSS-21 through Process Macro Model-6.

3. Results

Table 1: Descriptive Statistics and Correlations among Study Variables

		M	SD	1	2	3	4
1	Positive childhood experience	23.9	3.7	1			
2	Psychological resilience	22.2	3.2	.80*	1		
3	Self-control	25.1	4.7	.59*	.59*	1	
4	Wellbeing	21.9	3.5	.95*	.80*	.62*	1

*p < .001

Table 1 shows the positive relationship between positive childhood experiences and wellbeing. Findings also indicate the positive correlations of childhood experiences with resilience and self control.

Table 2: Model summary for each outcome variable

Paths of Variables	Coefficients	P
Positive Childhood → Psychological Resilience	.802	.000
Positive Childhood Experience → Personal Control	.593	.000
Psychological Resilience → Personal Control	.590	.000
Positive Childhood Experience → Wellbeing	.950	.000
Psychological Resilience → Wellbeing	.800	.000
Personal Control → Wellbeing	.622	.000

*p < .001

Table 2 demonstrate the impact of childhood experiences (independent variable) on wellbeing (dependent), resilience (mediator 1), and personal control (mediator 2). Findings reveal that positive childhood experiences have significant positive impact on wellbeing, resilience, and personal control. Resilience; mediator-1 has significantly impacted on mediator-2 and wellbeing. Similarly personal control affected the wellbeing positively.

Figure 1: Path analysis of positive childhood experience, psychological resilience, self-control and well-being

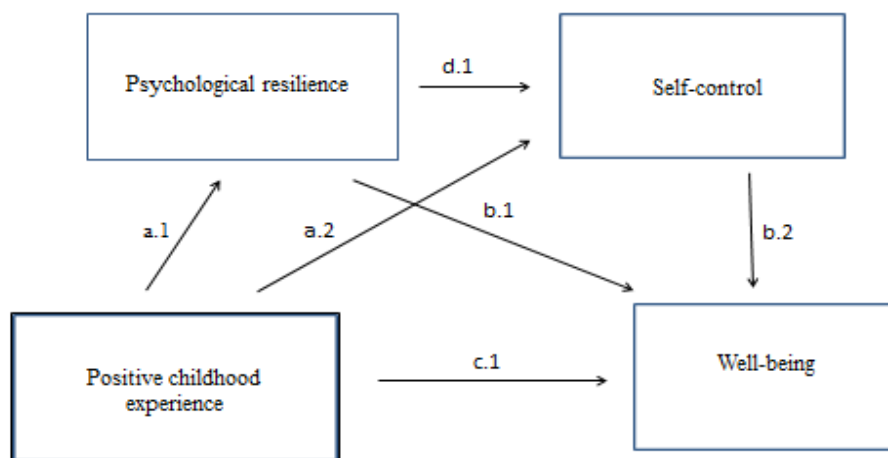


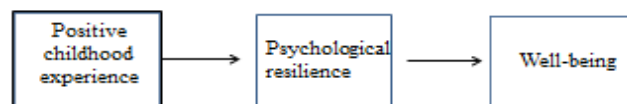
Table 3: Total, Direct, and Indirect Effects of Childhood Experiences on Wellbeing

Effect Type	B	SE	T	LLCI	ULCI
Total Effect of X on Y	0.87	0.12	52.8*	0.94	0.11
Direct Effect of X on Y	0.72	0.13	28.1*	0.82	0.93
Total Indirect Effect	0.15	0.14	2.91*	0.14	0.27
Ind1: X → M1 → Y	0.14	0.13	--	0.12	0.22
Ind2: X → M2 → Y	0.03	0.12	--	-0.12	0.16
Ind3: X → M1 → M2 → Y	0.02	0.12	--	-0.11	0.16

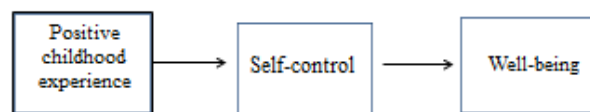
*p < .001

The results in Table 3 indicate the significant total and direct effects of childhood experiences on wellbeing. Total indirect effect is also significant but the mediation through resilience is only significant and the mediation through personal control is not significant.

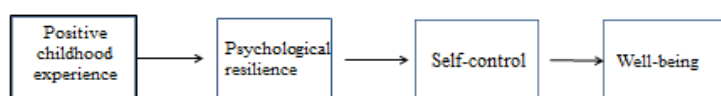
Indirect path I



Indirect path II



Indirect path III



4. Discussion

This study investigated the relationship among positive childhood practices and well-being and the chain mediating effects of psychological resilience and personal control on adults. It was hypothesized that positive childhood experiences will likely to be positively correlated with well-being, psychological resilience, and personal control. In the current study, it was evident that positive childhood experience was positively significantly correlated with well-being, psychological resilience and personal control. Previous researchers have focused only on the adverse impacts of childhood practices. The current study has revealed that inspection of positive childhood practices is an essential research prospect. Definitely, our findings support the concept that positive childhood experiences were positively and significantly related to wellbeing, psychological resilience, and personal control.

Conferring to this study, this association is mediated by self-esteem, suggesting that people who have had favorable early experiences are more resilient and have better psychological outcomes as adults (Kocatürk & Çiçek, 2023). A study revealed that resilience positively correlates with well-being, it states that resilience can prevent psychological suffering and enhance the wellbeing (Klainin-Yobas et al., 2021). A study also highlights the function of self-regulation, a subset of self-control, in resilience building and emotion management. Resilience and overall wellbeing were found to be significantly correlated by increasing self-efficacy for emotion management (Sayed et al., 2024).

It was hypothesized that psychological resilience will likely mediate the relation between positive childhood experiences and well-being. In the current study, it was evident that psychological resilience mediated the relation between positive childhood experiences and well-being. Positive childhood experiences were connected to the development of well-being projected by psychological resilience.

Here are some supporting researches that provide the notions that people with higher resilience were also more adept at stress management, keeping a good attitude, and creating useful coping mechanisms, all of which improved their general well-being. This connection was especially clear during difficult periods, like the COVID-19 epidemic (Sayed et al., 2024). The study emphasizes resilience's mediating function in the link between wellbeing and positive childhood behaviors, indicating the potential benefits of resilience-building treatments. Psychological resilience plays a pivotal role in converting early life advantages into long-term mental health benefits by serving as a mediator between early positive life experiences and adult well-being. The study emphasizes the value of building resilience in children to improve wellbeing as adults, showing that resilience is a crucial mechanism via which favorable early experiences impact adult outcomes (Carr, 2019).

It was hypothesized that personal control will likely mediate the relation between positive childhood experience and well-being. In the current study, it was evident that there is an insignificant mediation through personal control between positive childhood experiences and wellbeing. It means that personal control doesn't play a mediating role between positive childhood and wellbeing.

It was hypothesized that psychological resilience and personal control will likely play a serial mediation role in the relation among positive childhood experience and well-being. In the current study, it was evident that the relation among positive childhood practices and well-being, mediated by psychological resilience and self-control was shown to be statistically insignificant because personal control shows insignificant mediation between positive childhood practices and well-being so the serial mediation is insignificant.

In this study, resilience and personal-control are linked to better mental health, the interactions between these factors highlight the fact that resilience's mediating effect may enhance the wellbeing. Another study investigated how personal control affects an adult's well-being in relation to their childhood environment. The study emphasizes the complexity of these interactions by indicating that the indirect effects via these mediators may be minimal or non-significant in some settings (Fan et al., 2023).

The relationship between personal-control and well-being in adults and the mechanisms that underlie it are not well-studied. Results indicated a correlation between well-being and personal-control, but a favourable correlation between personal-control and resilience. Furthermore, resilience acted as a mediator in the relationships between childhood experiences and psychological well-being as well as between self-control and mental health (Şimşir, 2023).

5. Conclusion

The present study concluded a significant relation among positive childhood experience, well-being, psychological resilience, and personal control. The results also revealed that positive childhood practices predicted well-being, psychological resilience, and personal control; findings also showed that psychological resilience predicted personal control and well-being; and personal control predicted well-being. The findings revealed that psychological resilience mediated the relationship between positive childhood experiences and wellbeing but there is an insignificant mediation relation through personal control between positive childhood practices and well-being. The hypothesized serial mediation between positive childhood practices and well-being is found through psychological resilience; and self-control was shown to be statistically insignificant as mediator. Significantly,

results showed that positive childhood practices are a positive and dominant psychological source for an individual's psychological health later in life.

6. Limitations and Suggestions

This study had several limitations, including time restrictions that led to the use of convenience sampling that might affected the generalizability of findings. The correlational method employed prevents establishing causal relationships between variables, and the sample comprised of university students, excluding non-students. Future research should explore phenomenon qualitatively as well that may benefit to gain deeper insights into participant experiences. Additionally, individuals with adverse childhood experiences also examining the therapeutic effects of awareness and acceptance can provide valuable insights. Further studies should analyze additional variables and consider the longitudinal designs to assess changes over time. It is also important to recognize how the impact of positive childhood experiences on well-being may affect in cultural and contextual factors.

7. Implications

The purpose of this study is to improve knowledge of everyday concerns and to a better understanding of self and surroundings. It highlights how crucial early activities are for adopting psychological resilience and mental wellness, both of which can result in better interpersonal interactions. A greater understanding of the therapeutic and restorative effects of meditation is emphasized, establishing how personal control can help reduce stress and anxiety.

From the perspective of psychotherapy, therapists might employ a variety of strategies, emphasizing acceptance and insistent clients to investigate the physical components of emotions. This method reduces the possibility of suppressing and avoiding emotions. Improved therapies for mental health conditions originating from distressed childhood practices may result from a greater comprehension of the psychological processes behind mindfulness and psychotherapy.

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