

Effects of Abuse Experiences and Parent-Child Relationships on Resilience in Japanese College Students

Introduction: Resilience, the ability to cope with adversarial situations, is considered important for people who have experienced abuse because it affects their reaction to trauma. However, it is understood that abused individuals have lower resilience. The study's aim is to examine whether the perception of experiences of abuse affects resilience. **Methods:** A total of 225 Japanese college students were included in the analysis (mean age: 19.60, SD = 1.72). Participants in this study responded to the Child Abuse and Trauma Scale (CATS), the Mother-Child Relationships in Adolescence Scale (the descriptions "mother" in the items were modified to "parents"), and the Resilience Scale for College Students. **Results:** No correlation was found between experiences of abuse and parent-child relationship ($r = .054$, $p = .484$). A positive correlation was found between experiences of abuse and resilience ($r = .21$, $p = .006$). There was no correlation between parent-child relationships and resilience ($r = -.072$, $p = .349$). A hierarchical multiple regression analysis was used with the resilience scale as the objective variable and the CATS and Mother-Child Relationships in Adolescence Scale as independent variables. The results showed that when experiences of abuse were high, the parent-child relationship were weaker, and resilience was higher ($\beta = -.370$, $p = .011$). When experiences of abuse were low, resilience was higher for higher parent-child relationships ($\beta = .207$, $p = .098$). **Discussion:** It was found that the perception of experiences of abuse tended to be associated with higher resilience. This suggests that the process of perception of abuse itself may have a positive psychological effect on abused people. However, it is possible that most of the abused people in this study already had high resilience at the time of their participation in the study. In light of the above, it is necessary to continue research to examine the effectiveness of each process of recovery from trauma and create support methods that are less burdensome for people who have experienced abuse.

Effects of Abuse Experiences and Parent-Child Relationships on Resilience in Japanese College Students

Mirena KITAMURA^{1*}, Tomohiro ASAKURA¹, Sachi YAMAGUCHI², Ayaka KISHIDA², Hiroshi SATO²

1, Graduate School of Humanities, Kwansai Gakuin University, Japan

2, School of Humanities, Kwansai Gakuin University, Japan



Introduction

- Resilience is the ability to cope with adversarial situations.
- Resilience is important for people who were abused because it affects their reaction to trauma.
- Abused individuals have lower resilience.

The support for abused people starts with the **perception of the experiences of abuse**.

→ This work is so **hard** that not a few people tend to dropout in some therapy.



- However, some people don't want more support after perception of abuse even though they dropped out.
- Does the work, "perception of abuse" itself have the positive psychological effect?

Study's aim

to examine whether perception of experiences of abuse affects resilience

Methods

◆ Participants

225 Japanese college students were included in the analysis (mean age: 19.60, $SD = 1.72$).

◆ Procedure

This survey was conducted online using Qualtrics from October to November in 2022.

◆ Questionnaire Content

1. Face Content : age, sex
2. the Child Abuse and Trauma Scale (CATS)
3. the Mother-Child Relationships in Adolescence Scale
This scale measures the degree of the mother-child intimacy. The descriptions "mother" were modified to "parents". If participants were abused, this score is lower, the tendency of perception of abuse is higher.

Abused people

low score = high perception of abuse
high score = low perception of abuse

Non-abused people

low score = low intimacy
high score = high intimacy

4. the Resilience Scale for College Students

◆ Data Analysis

A correlation analysis was used. In addition, a hierarchical multiple regression analysis was used with the resilience scale as the objective variable and the CATS and Mother-Child Relationships in Adolescence Scale as independent variables.

Results and Discussion

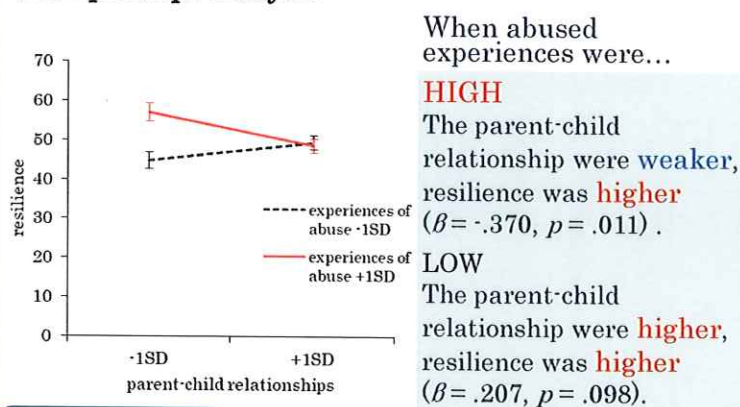
◆ Correlation analysis

| | experiences of abuse | parent-child relationships | resilience |
|----------------------------|----------------------|----------------------------|------------|
| experiences of abuse | — | | |
| parent-child relationships | .054 | — | |
| resilience | .207** | -.072 | — |

** $p < .01$, * $p < .05$, + $p < .10$

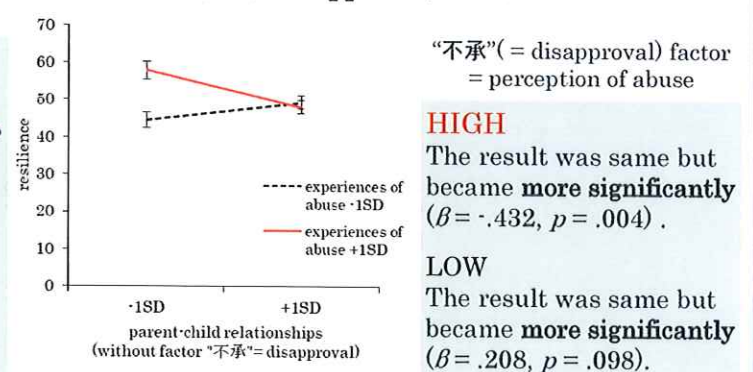
Positive correlation found between experiences of abuse and resilience ($r = .21$, $p = .006$)

◆ Simple slope analysis



◆ Simple slope analysis

without "不承" (= disapproval) factor



Discussion

The process of **perception of abuse** itself may have a positive psychological effect on abused people. However, it is possible that most of the **abused people** in this study **already had high resilience** at the time of their participation in the study. It is necessary to continue research to examine the effectiveness of each process of recovery from trauma.

First Author: Mirena KITAMURA

School of Humanities, Kwansai Gakuin University, Japan Email: hon07215@kwansai.ac.jp

発表概要報告書

大学生を対象に、子どもの頃の親の虐待傾向が高い場合、親から虐待されていたという認識の有無によって現在のレジリエンスにどのような影響を与えているのかを検討した研究の発表を行った。虐待されていたという認識の有無の測定には、親の養育態度がどの程度不適切と考えているかの指標として母子関係を測定する尺度の教示を変更して使用した。研究の結果から、被虐待経験の程度が低い大学生は、親の養育態度が適切だと認識しているほどレジリエンスが高くなる可能性があるとし唆された一方で、被虐待経験の程度が高い大学生は親の養育態度を不適切だと認識しているほどレジリエンスが高くなる可能性があるとし唆された。これらのことから、被虐待経験のある人は親から虐待されていたと認識しているほど現在のレジリエンスが高い傾向にあると考えられる、という発表をポスター展示にて行った。

ポスター発表を経て、海外の方と英語を用いて意見交換を行うという経験は初めてだったが、虐待という文化によってとらえ方が違う概念について意見交換ができ、とても貴重な機会であった。特に、自分は虐待を受けている人に対しての心理支援の手段の一つとしての認知行動療法にも興味を持って研究していることもあり、海外と日本では何を虐待とするかが治安や文化によって異なっているため、文献を読むことだけでは得られない、研究者の生の言葉での捉え方を知れたことは今後の研究の糧となると考えている。例えば、今後日本で虐待をテーマに研究を続ける中で、今回の発表の経験は、虐待の分類や具体的な虐待を指す行動について考える際にも、各国の文化の違いを考慮しながら視野を広く考えることに繋がるだろう。

また、現地ではアジア圏の発表者や参加者が多く、日本人の研究者と交流する機会も少なくなかったことも非常に有意義な経験だったと感じている。というのも、現地でも日本人の研究者と交流することで、自分一人が海外の発表を見て得た印象だけでなく、同じ会場にいる自分以外の日本人の考え方や捉え方についてその場で共有することが出来たからである。このことによって、日本人として参加することによって得られる視野にも広がりを感じた。

そして、日本だけでなく世界各国の若手の研究者と話す機会が沢山あり、お互いに研究の内容を共有することで、若手の研究者の刺激的な研究意欲に触れることができた。この経験によって、日本の研究状況を少しでも客観視できたことも、今後の自分の研究意欲にも繋がっているだろう。(1034字)

(日本語 1200 字以内)

採用された方についてはウェブページ等で内容が公開される場合があります。