



Understanding Role of Childhood Experiences in Shaping Personality, Psychological Well-Being and Flourishing: Emotional Intelligence as Mediator

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ABSTRACT

Childhood experiences hold a significant role in the development and well-being of an individual across lifespan by influencing the personality formation process. The relatively stable cognitive, emotional and behavioural patterns formed during childhood influences one's ability to face future adversities in life. Children exposed to emotional abuse and neglect from their primary caregiver often exhibit maladaptive personality traits such as neuroticism, introversion, and hostility, which can persist into adulthood. Previous researches link adverse childhood experiences with psychological and emotional challenges, including maladaptive coping strategies and poor psychosocial functioning. Moreover, these experiences have been linked to heightened levels of stress, anxiety, and depression, contributing to poor psychological well-being and diminished life satisfaction. Review suggests that Emotional Intelligence (EI) could emerge as a protective factor in mitigating these adult mental health consequences of childhood trauma as individuals with high EI are better equipped to navigate interpersonal relationships, manage stress, and regulate their emotions, thereby promoting greater psychological health and flourishing. Fewer literature exists exploring the efficacy of emotional intelligence in mitigating these effects, particularly during adolescence because it is a critical period for intervention. This study aims to examine the underlying mechanisms through which childhood experiences exert their influence on personality, psychological well-being and flourishing in life. The findings of this study would hold implications for future research and practice in the fields of psychology and mental health. Identifying EI as a potential buffer against the adverse effects of childhood trauma will provide valuable insights for future researches and basis for developing EI based interventions for promoting psychological well-being and flourishing among adolescents exposed to childhood adversity. In conclusion, the current study would contribute to the existing knowledge about the impact of adverse childhood experiences in shaping the personality, psychological well-being, and flourishing, with focus on EI.

Keywords: Childhood trauma, Adverse childhood experiences, Personality, Psychological Well-Being, Flourishing, Emotional Intelligence