THE PSYCHOLOGICAL IMPACT OF TRAUMATIC EXPERIENCES ON FAMILY PERCEPTIONS AMONG YOUTH

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Abstract. *In modern psychology, childhood trauma is recognized as a critical factor influencing personal development and mental health. Traumatic experiences disrupt a young individual's inner world, affecting their life trajectory and relationships. While these experiences can cause distress and reduce quality of life, they also have the potential to build resilience. Among youth, trauma frequently reshapes family perceptions, impacting trust, emotional bonds, and family dynamics. This article aims to explore the complex interplay between trauma and family perceptions, with implications for caregivers, educators, and mental health professionals. The study seeks to examine how traumatic childhood experiences influence youth perceptions of family dynamics, relationships, and values. By understanding these impacts, the study aims to provide insights into the role of family as a support system in fostering resilience and promoting trauma recovery among young people. The study employs a mixed-methods approach, combining theoretical analysis with empirical research involving 47 students from the National University "Zaporizhzhia Polytechnic." Data collection tools include the Traumatic Events Questionnaire, Eysenck's Self-Assessment of Mental States, and the Childhood Trauma Presence Questionnaire. Quantitative data are analyzed using descriptive statistics, while qualitative data are examined through thematic analysis. A correctional-developmental training program, "The Impact of Childhood Trauma on Future Family Formation," is integrated to provide therapeutic intervention. The findings reveal that childhood trauma significantly impacts youth perceptions of family, often leading to heightened anxiety, frustration, and rigidity. Trauma was observed to affect family attachment and trust, with some youth perceiving their families as less supportive. Conversely, supportive family environments were shown to mitigate these negative effects, highlighting the protective role of positive family relationships in trauma recovery. The intervention program demonstrated potential in improving resilience and family perceptions among participants. The study underscores the importance of therapeutic programs that address the psychological effects of trauma on youth, with an emphasis on family-based interventions. By fostering resilience and supporting healthy family relationships, these interventions can help youth navigate the long-term impacts of trauma. Future research should explore the influence of cultural and socioeconomic factors on family perceptions and trauma recovery, to better inform intervention strategies across diverse populations.*

Keywords: *childhood trauma; family perceptions; psychological impact; youth development; emotional well-being; mental health; traumatic experiences; trauma recovery; social support systems; family-based therapy.*

JEL Classification: I 14, I 31
Formulas: 0; fig.: 3; table: 2; bibl.: 24

Introduction. In modern psychology, particular attention is given to studying the effects of childhood psychological trauma on an individual's later life and personal development. Traumatic experiences in childhood directly impact a person's life: on one hand, they disrupt the integrity of the inner spiritual world and alter one's life path, while on the other hand, they mobilize a person's inner strength and build resilience.

Psychological traumas are emotional wounds that cause concern, discomfort, diminish quality of life, and bring suffering. Similar to physical injuries, psychological trauma can vary in its intensity of "pain," and thus, the "healing" and recovery process will also differ accordingly.

Traumatic experiences can have profound and far-reaching effects on young individuals, influencing various aspects of their psychological and emotional well-being. Among these impacts, the way youth perceive their families often undergoes significant changes, as traumatic events can alter family dynamics, trust levels, and emotional bonds.

Understanding this relationship is essential for caregivers, educators, and mental health professionals who work with young people, as family perceptions are often closely tied to their coping mechanisms, resilience, and overall mental health.

By examining both the challenges and potential paths for healing, this article aims to shed light on the complex interplay between trauma and family perceptions, offering insights into the critical role families play in the recovery process for youth affected by trauma.

Literature Review. Trauma can have significant and varied effects on young people, influencing not only their personal development but also their perceptions of family dynamics. This literature review explores the existing research on the psychological impact of trauma on youth and how these experiences can shape their views on family relationships.

Youth exposed to trauma often experience a range of psychological effects, including anxiety, depression, and post-traumatic stress disorder (PTSD). Research shows that traumatic experiences can disrupt normal developmental trajectories, leading to difficulties in emotional regulation, identity formation, and relationship building (Pynoos et al., 1999). Additionally, adolescents are in a critical stage of cognitive and emotional development, making them particularly vulnerable to the lasting effects of trauma (Cicchetti & Toth, 2005).

Traumatic experiences can alter a young person's perception of their family in several ways. Youth who have faced trauma may struggle with trust issues, perceive their family as less supportive, and experience shifts in their attachment patterns (Shapiro & Applegate, 2000). In some cases, trauma can lead to negative perceptions of family members, particularly if the trauma is related to family dysfunction or conflict (Briere & Jordan, 2009). Conversely, trauma can also strengthen family bonds in situations where family members provide consistent support and understanding (Walsh, 2007).

Attachment theory provides a useful framework for understanding the effects of trauma on family perceptions among youth. Secure attachments are often protective, helping youth to cope with the aftermath of trauma more effectively (Bowlby, 1988).

However, when trauma disrupts these attachments, it can lead to adverse outcomes, including heightened perceptions of familial instability and reduced feelings of safety within the family unit (van der Kolk, 2005).

The presence of supportive family relationships can serve as a crucial factor in building resilience in trauma-exposed youth (Masten, 2001). Positive family perceptions can buffer against the negative effects of trauma, promoting healthier coping strategies and facilitating recovery (Luthar et al., 2000). However, when familial support is absent or perceived as inadequate, youth may struggle to develop effective coping mechanisms, exacerbating the psychological impact of trauma (Afifi & MacMillan, 2011).

Several therapeutic interventions have been shown to be effective in addressing trauma and improving family perceptions among youth. Family-based therapies, such as Trauma-Focused Cognitive Behavioral Therapy (TF-CBT), focus on rebuilding trust and enhancing communication within the family (Cohen et al., 2006). Additionally, community support systems and school-based programs can provide valuable resources for trauma recovery and family reintegration (Jaycox et al., 2002).

Research conducted by Alešenko (2022) highlights the profound effects of childhood trauma on both psychological and emotional development. Alešenko emphasizes that trauma experienced in youth can lead to a range of mental health issues, such as anxiety and depressive disorders, which can persist into adulthood. These findings are consistent with broader research that links early trauma to long-term psychological difficulties (Engle et al., 2020).

Arsenyan (2023) discusses the critical role that family values play in the formation of social roles among youth. The study suggests that traumatic experiences can disrupt the transmission of these values, altering how young individuals perceive their roles within the family and society. This research builds on previous findings by Kolygin et al. (2018), which propose that disrupted family values due to trauma may impact a young person's ability to form secure social connections.

The concept of the family as a fundamental component of a health-preserving educational space is explored by Burlakova and Zhitchenko (2018). They argue that family support systems play a vital role in mitigating the adverse effects of trauma, contributing to the overall well-being of youth. Their work emphasizes that strong family bonds can serve as a protective factor, fostering resilience and aiding in recovery from traumatic experiences.

Litvinova (2013) addresses the challenges faced by families in preserving core values amidst societal transformations. She posits that rapid changes in social structures can exacerbate the negative effects of trauma on family perceptions, as traditional support mechanisms may weaken. Her work underscores the importance of adaptive family structures that can withstand external pressures, thus providing a stable environment for youth affected by trauma.

Collectively, this literature suggests that the psychological impact of trauma on family perceptions among youth is shaped by a combination of individual, familial, and societal factors. These studies highlight the need for further research to explore how family dynamics can be strengthened to support youth who have experienced

trauma, and how cultural contexts influence the ways in which trauma affects family perceptions. This line of inquiry is essential for developing targeted interventions that promote resilience and facilitate recovery in trauma-affected youth populations.

Overall, the literature suggests that the psychological impact of trauma on family perceptions among youth is complex and multifaceted. Understanding these dynamics can inform the development of targeted interventions aimed at fostering resilience, supporting family cohesion, and promoting long-term psychological well-being for trauma-exposed youth.

Aims. This study aims to explore the psychological impact of traumatic experiences on youth and how these events shape their perceptions of family dynamics, relationships, and values. Specifically, the research seeks to understand the ways in which childhood trauma influences young people's emotional responses, attachment patterns, and family interactions. By examining these factors, the study also aims to contribute insights into the role of family as a support system for trauma recovery and resilience.

Methodology. Through a combination of theoretical analysis and empirical research, the study will provide a comprehensive view of how trauma affects family perceptions among youth, highlighting the need for targeted interventions to foster positive family relationships and promote mental well-being in trauma-affected individuals.

The research design is structured to capture the complexity of trauma's influence on family dynamics, individual emotional states, and coping mechanisms in youth. The study involves 47 students from the National University "Zaporizhzhia Polytechnic," representing a diverse sample in terms of age, gender, and academic specialization. This sample size is selected to provide a comprehensive perspective on how trauma affects youth across various demographic groups, enhancing the generalizability of the findings.

The study uses a multi-step data collection process, focusing on three primary tools:

− *Traumatic Events Questionnaire*: Developed by V. H. Panok, this questionnaire assesses the presence and severity of traumatic experiences in youth. It categorizes trauma into different intensity levels—low, medium, and high—based on the reported psychological impact on respondents. This tool helps identify the prevalence and types of traumatic experiences among the participants.

− *Self-Assessment of Mental States*: Using H. Eysenck's Self-Assessment of Mental States, the study evaluates various emotional conditions, including anxiety, frustration, aggressiveness, and rigidity. This method provides insight into how trauma influences specific psychological states, which are critical to understanding the broader impact on family perceptions.

− *Childhood Trauma Presence Questionnaire*: The Childhood Trauma Presence Questionnaire, by Yu. Damochkina, is used to identify specific traumatic experiences during childhood, including abandonment, rejection, deprivation, betrayal, sexual seduction, violence, and humiliation. This tool allows the study to

examine the types of trauma most commonly experienced by the participants and their lasting effects.

Quantitative data from the questionnaires are analyzed using descriptive statistics, including percentages and frequency distributions. This approach provides an overview of the prevalence and types of trauma experienced by the participants, as well as the associated levels of anxiety, frustration, aggressiveness, and rigidity. Qualitative data from open-ended responses in the questionnaires and participant interviews are analyzed using thematic analysis. This method identifies recurring themes and patterns, particularly regarding how traumatic experiences influence perceptions of family dynamics, trust, and emotional bonds.

Following the data collection and analysis, the study includes a six-week correctional-developmental training program, "The Impact of Childhood Trauma on Future Family Formation." The program consists of seven lessons designed to address and mitigate the effects of childhood trauma on youth perceptions of family. The lessons focus on topics such as self-esteem, anxiety management, frustration tolerance, and aggression control. Each session incorporates therapeutic exercises aimed at fostering resilience and promoting healthier family perceptions.

The study adheres to ethical guidelines for research involving human subjects. Informed consent is obtained from all participants, and confidentiality is strictly maintained. Given the sensitive nature of the topic, participants are provided with information on counseling services should they experience distress during or after the study.

By employing a comprehensive methodology that combines empirical research with a targeted intervention program, the study aims to deepen the understanding of trauma's impact on family perceptions among youth and contribute to the development of effective therapeutic strategies.

Results. Psychological trauma is an intense and disruptive experience that significantly impacts a person's life and development. Each psychological trauma is a unique kind of experience that leaves a mark on the psyche, manifesting as distinct symptoms. Following a traumatic event, individuals need considerable energy and effort for self-analysis, reevaluation, acceptance of their past, behavioral improvement, and the development of a new outlook on their future.

From this perspective, representatives of the psychoanalytic approach use clinical methods that synthesize information from various sources to build a detailed profile of the individual child's personality.

Typically, traumatic stress develops under the following conditions:
• The child perceives the situation as inescapable;
• The child is unable to effectively resist the situation;
• The child cannot release emotional energy (state of paralysis);
• There is an unresolved prior traumatic experience.

This is due to children's lack of experience and resources to adequately respond to traumatic events.

The main Types of Childhood Trauma are:

1. *Abandonment Trauma* arises when there is an absence or lack of physical contact with the mother in early childhood. The child is not physically separated from the mother until they learn to walk independently, causing intense anxiety and fear during her absence. Those who experience abandonment trauma are prone to various dependencies, symbiotic relationships, immaturity, and fear of losing loved ones.

2. *Rejection Trauma* occurs in "cold" mothers who do not emotionally engage in their children's lives ("rejection" in psychoanalytic terminology) due to factors like postpartum depression, stress, unwillingness to have children, family issues, or absence of a partner. Individuals who experience this trauma often feel unnecessary and unwanted, struggle to express their feelings, and avoid close emotional relationships and emotional self-expression.

3. *Deprivation Trauma* happens when the child's needs do not align with what the mother provides. The mother may not comfort the child when they cry, alleviate their fears, or provide the necessary care, support, and attention. Individuals with this trauma often feel neglected, continuously seek attention, tend to be manipulative, and feel dissatisfied with their lives.

4. *Betrayal Trauma* arises when parents fail the child emotionally (such as witnessing intimate parental interactions). A variant of this is *"abandonment trauma"* (Adler's term), occurring when a younger sibling is born and receives more parental attention. Those with betrayal trauma often lose trust in others, feel alienated, or try to please others to symbolically "regain" parental love.

5. *Sexual Seduction Trauma* occurs when adults use children and adolescents to satisfy their own sexual desires, resulting in significant sexual and emotional issues.

6. *Violence Trauma* involves systematic abuse and physical harm inflicted by adults. Children who suffer from this trauma often develop psychopathic traits and antisocial personalities.

7. *Humiliation and Narcissistic Trauma* can lead to lowered self-esteem, feelings of worthlessness, and an inferiority complex, often resulting in a distorted self-concept. Psychological traumas, such as humiliation, violence, rejection, and betrayal, can also occur in adulthood but generally follow a repetitive childhood pattern.

The issue of childhood trauma is unique in that it can disrupt a child's healthy outlook and lead to mental disorders and complexes in adulthood. While no one is immune to trauma, minimizing situations that may lead to psychological trauma is crucial wherever possible. Childhood experiences profoundly shape an individual's worldview, as childhood lays the foundation for a fulfilling future.

Social Aspects of Childhood Trauma. The social context plays a critical role in the development and resolution of childhood trauma. Traumatic events occur in various social contexts and have different impacts on children. Family, often considered the primary unit of society, is a place where children find safety, support, and care. However, not all family situations are happy, and some children may face challenging family circumstances leading to trauma. Family relationships, parenting styles, domestic violence, and conflicts can all traumatize children, while family support plays a crucial role in overcoming trauma's effects. The family environment is essential in

the emergence and resolution of trauma, an important social aspect in the study of childhood trauma.

Social support is vital in overcoming childhood traumatic experiences. It is defined by the closeness and quality of interpersonal relationships and the availability of help and understanding from others. Social support acts as a modifying factor that influences how individuals cope with and experience trauma.

David Macionis remarked, "The family is a social institution found in all societies, bringing people together in groups to nurture and educate children." He also stated that family bonds and kinship are nearly synonymous, representing social connections through blood, marriage, or adoption.

In Matskovsky's work, the primary functions of the modern family are divided into social and personal functions. For example:

• *Social functions* include the biological reproduction of society, while *personal functions* relate to fulfilling desires for children.

• In the *educational sphere,* social functions involve the socialization of younger generations and the preservation of cultural continuity, while personal functions include fulfilling parental needs, bonding with the child, providing care, and fostering the child's self-realization.

• In the *social-status sphere*, social functions include granting a particular social status to family members, reproducing social structure, and satisfying the need for social advancement.

Table 1. The main functions of a modern family

The sphere of family activity	Social functions	Individual functions
Reproductive	Biological reproduction of society	Meeting the needs of children
Educative	Socialization of the young generation. Support of cultural continuity of society.	Satisfying needs in parenting, contact with children, their upbringing, self-realization in children.
Household - domestic	Support of physical health of members of society, care of children.	Receipt of household services by some family members from others.
Economical	Economic support of minors and disabled members of society.	Receipt of material means by some family members from others (in case of incapacity or in exchange for services).
The sphere of primary social control	Moral regulation of the behavior of family members in various spheres of life, as well as the responsibility of obligations in relations between spouses, parents and children, representatives of the older and middle generations.	Formation and support of legal and moral sanctions for inappropriate behavior and violation of moral norms of relationships between family members.
The sphere of spiritual communication	Personality development of family members.	Spiritual mutual enrichment of family members. Strengthening the marital foundations of the marriage union.
Social status	Providing a certain social status to family members. Reproduction of the social structure.	Meeting needs in social promotion.
Permissive	Organization of rational leisure. Social control in the field of leisure.	Satisfying needs for joint leisure time, mutual enrichment of leisure interests.
Emotional	Emotional stabilization of individuals and their psychological therapy.	Individuals receiving psychological protection, emotional support in the family. Satisfaction of needs for personal happiness and love.
Sexy	Sexual control.	Satisfying sexual needs.

Source: developed by the authors

Family Values are a set of specific beliefs, principles, traditions, and views that are formed within a family and define the lifestyle, relationships, and values of all family members. The core values of a modern family include trust, love, kindness, loyalty, understanding, and respect. Family values play a crucial role in shaping a child's character and lay the foundation for their future life, influencing their morality, attitude toward others, and self-perception.

In analyzing the concept and classification of childhood trauma, its types, and consequences, it can be concluded that childhood trauma plays a significant role in shaping young people's perceptions of family and their personal family values. The concept and classification of childhood trauma encompass a range of negative events that can leave a deep psychological impact. These include physical, emotional, and sexual abuse, neglect, and witnessing violence. Each of these types of trauma can have a different effect on a child's psychological state and development.

The typology and consequences of childhood trauma highlight the diversity of trauma responses, including anxiety, frustration, and rigidity, which may persist throughout life. Meanwhile, aggression as a consequence of childhood trauma may be less direct and dependent on other factors. The formation of young people's perceptions of their own families shows that traumatic experiences in childhood significantly influence how they perceive and build family relationships.

Trauma can lead to negative beliefs about family and difficulties in establishing trust and forming healthy relationships. The connection between traumatic impact and the formation of family values confirms that childhood trauma affects not only personal development but also the value systems that young people develop with their families. This influence can be both negative and transformative, contributing to the development of coping skills and strengthening mental health through professional support and therapy.

Childhood trauma is a fundamental factor determining psychological well-being and the formation of family values in young people. Childhood traumas can leave deep marks on the psyche, affecting emotional state, behavior, and the ability to form healthy relationships in adulthood. Appropriate work with traumatized youth is essential for developing a healthy family concept and building positive future relationships.

Effective support and therapeutic interventions can help young people cope with the aftermath of traumatic events, leading to a better understanding of themselves and their emotional needs. Timely psychological assistance and support can help prevent the recurrence of negative behavioral and developmental patterns, fostering the formation of positive models for future family relationships.

The aim of our study is to explore and understand the psychological dimensions of traumatic impact on young people's concept of family. The study involved 47 students from the National University "Zaporizhzhia Polytechnic." The sample includes students of different ages, genders, and specializations, which allows for more diverse and representative data.

For our study, we selected several key methods, each of which allows us to investigate the chosen topic. The first method we applied is particularly significant for

our research; it is a questionnaire designed to examine traumatic events (author: V. H. Panok). Using this, we explored traumatic experiences.
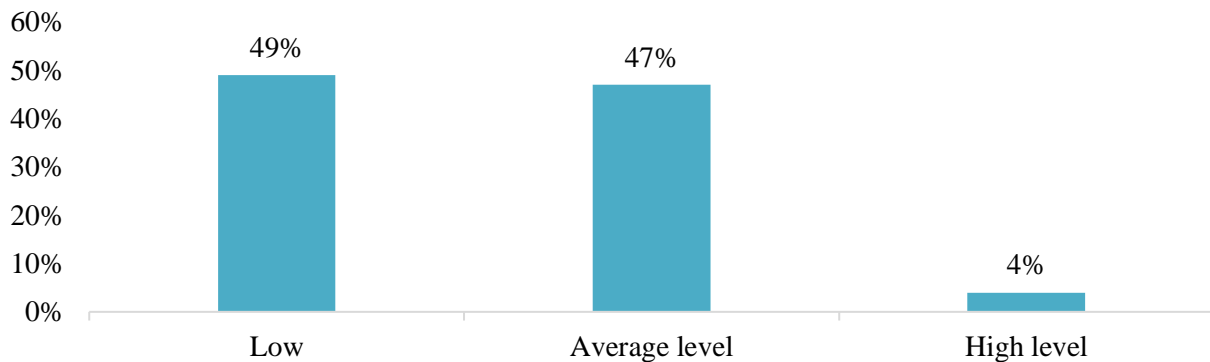

Figure 1. Research results using a questionnaire for investigating a psychotraumatic event

Source: developed by the authors

The columns in the chart show the percentage of respondents who have experienced psychotraumatic events in each category of psychotrauma level that received positive reinforcement. The results are as follows: low level - 49% of respondents, medium level - 47%, and high level - 4%.

A low level indicates that an individual has experienced one or several psychotraumatic events, but these events did not have a significant impact on their mental health. A medium level suggests that an individual encountered multiple psychotraumatic events, which had a moderate impact on their mental health. A high level indicates that an individual has experienced a series of traumatic events that greatly affected their mental health.

The next method we investigated is the "Self-Assessment of Mental States" technique by H. Eysenck. This method evaluates various mental states, such as anxiety, frustration, aggressiveness, and rigidity. Let us now examine the results of each of these states in detail. The first state we will discuss is anxiety. The results of the anxiety assessment help identify a tendency towards anxious reactions in various life situations.
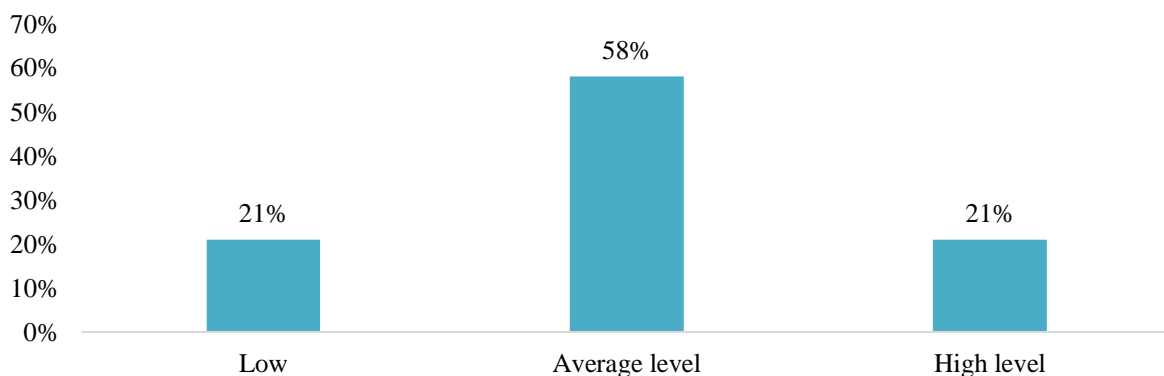

Figure 2. Results of the Study Using the "Self-Assessment of Mental States" Methodology

Source: developed by the authors

The diagram shows the distribution of individuals according to their level of anxiety. It consists of three segments, each corresponding to a different level of anxiety: low, medium, and high. Each segment indicates the percentage representing the proportion of individuals with the respective anxiety level. According to the diagram, most individuals—58%—exhibit a medium level of anxiety. Meanwhile, 21% of people have a low level of anxiety, and 21% have a high level of anxiety.

A high level of anxiety is characterized by an intense and persistent sense of worry, tension, and fear.

The medium level is associated with moderate feelings of worry and nervousness that occur occasionally.

A low level implies less anxiety, calmness, and confidence.

The next question we examined is the "Childhood Trauma Presence" questionnaire by Yu. Damochkina, which is designed to identify childhood traumas. The diagram presents a visual depiction of the prevalence of childhood traumas among the respondents.

The diagram reveals that 81% of respondents confirmed experiencing childhood trauma, while 19% either did not experience trauma in childhood or do not acknowledge its presence.

This visualization shows that childhood traumas are a common phenomenon. The high frequency of traumatic childhood events experienced by the majority supports this assertion. These traumas can vary widely in nature, ranging from physical injuries to emotional or psychological traumas, such as family violence, parental divorce, bullying, or neglect.
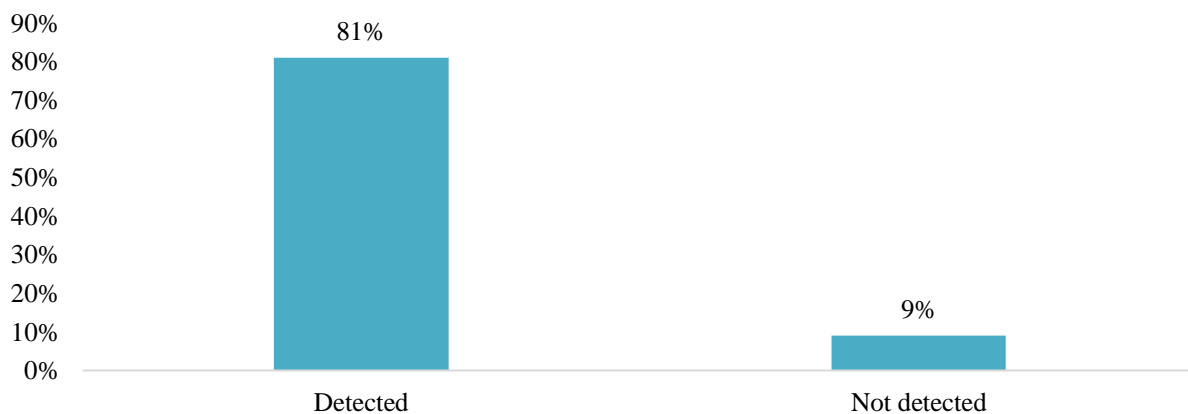

Figure 3. Results of the Survey Using the Questionnaire "Childhood Trauma Exposure"

Source: developed by the authors

The diagram is a valuable tool for visualizing the extent of this problem and its impact on society. The research results, which the diagram is based on, can stimulate broader discussions about the need to improve methods for preventing childhood trauma and supporting those affected.

Thus, after conducting empirical research, it is evident that childhood trauma has a significant impact on later life. Analyzing the data using H. Eysenck's methodology

suggests that childhood trauma strongly affects psychological states such as anxiety, frustration, and rigidity. These states reflect the deep psychological impact of trauma, which can hinder normal development and adaptation in adulthood. However, aggression does not show a strong connection to childhood trauma, indicating the need for further research to identify other factors influencing aggressive behavior.

The research findings suggest that individuals who have experienced traumatic events in childhood exhibit certain psychological characteristics in adulthood. Specifically, they tend to show increased levels of anxiety, frustration, and rigidity. These changes may be a consequence of the impact of traumatic experiences on mental health and the psychosocial development of an individual.

The results underscore the importance of a comprehensive approach to working with individuals affected by childhood trauma, focusing on the development of skills to manage anxiety, frustration, and rigidity. This approach is critical, as it allows for the creation of individualized support and therapy programs aimed at developing adaptive strategies and enhancing psychological well-being.

Developing skills to manage anxiety, frustration, and rigidity helps those who have experienced childhood trauma to better handle stress and negative emotions, increasing their ability to adapt to life's challenges and situations. This is important for improving their quality of life and their capacity to build healthy and satisfying relationships, achieve personal and professional goals, and establish a stable psychological foundation for further development.

In studying the psychological dimensions of traumatic impact on young people's family concepts, various aspects related to familial trauma and its consequences on mental health were examined. Identifying and analyzing these influences is crucial, as family plays a key role in shaping personality, worldview, and emotional stability. Special attention was given to how traumatic events experienced in childhood and adolescence shape perceptions of family relationships and influence young people's future lives.

The survey aimed to determine the depth and scope of the impact of family trauma on young people's family concepts, as well as to identify the main psychological mechanisms underlying these processes. To achieve this, a comprehensive approach was used, involving both theoretical literature analysis and empirical research using psychological tests and surveys.

1. *Theoretical Analysis.* Based on the theoretical analysis of scientific literature, the psychological dimensions of traumatic impact on young people's family concepts were described. Childhood trauma plays a decisive role in shaping young people's views on family and personal family values. Traumatic experiences in childhood have a long-lasting impact on a child's psychological development and socialization. These experiences can lead to distorted or negative views of family relationships, which affects future behavior and attitudes toward one's family. Children who have experienced traumatic events often grow up believing that violence, neglect, or emotional indifference are normal components of family life.

Childhood trauma is a fundamental factor that determines psychological well-being and the formation of family values in young people. Childhood traumas can leave

deep scars on the psyche, affecting emotional states, behavior, and the ability to form healthy relationships in adulthood.

2. *Empirical Research.* Based on empirical research, the psychological dimensions of the traumatic impact on young people's family concepts were further described. Childhood trauma profoundly influences young people's family concepts. Timely intervention and support can help young people overcome the negative consequences and foster positive family values and healthy relationships. The research confirmed that childhood trauma has a significant impact on a person's later life. Analyzing data with H. Eysenck's methodology indicates that these traumas manifest in psychological states such as anxiety, frustration, and rigidity.

These mental states, formed under the influence of childhood trauma, deeply reflect the psychological impact of trauma on an individual. Anxiety, frustration, and rigidity become marks of past adversity that can negatively influence further development and adaptation in adult life. These mental states can become substantial obstacles to normal development and adaptation in adulthood. They complicate interactions with the world and others, causing difficulties in building healthy relationships and achieving personal goals.

3. *Based on the Correctional-Developmental Training Program "The Impact of Childhood Trauma on Future Family Formation".* The training will be conducted in a safe and supportive environment where young people can freely share their experiences and receive support. This training will be a valuable resource for young people who have experienced trauma. It can help them understand their experiences, develop healthy coping mechanisms, and make positive choices about their future.

The training aims to empower youth affected by trauma to navigate their emotions, build resilience, and foster healthy relationship patterns that support personal growth and psychological stability (Table 2).

This training helps young people build healthy relationships. The program provides information on what healthy relationships are and how to build them. It supports young people in making the right choices for their future. This resource is aimed at assisting youth in developing healthy and positive relationships with others. It covers key aspects of healthy relationships, such as mutual respect, open communication, understanding personal boundaries, and conflict resolution skills. In this way, young people gain comprehensive knowledge and skills that contribute to their personal growth and successful integration into society.

Discussion. This study explores the profound and lasting effects of childhood trauma on youth, specifically focusing on how these traumatic experiences shape perceptions of family dynamics and relationships. The findings suggest that trauma can significantly alter a young person's internal world, impacting their mental health, self-esteem, and emotional well-being. However, trauma can also lead to the development of resilience, as individuals mobilize inner strengths to cope with their experiences. The complexities highlighted in this study underscore the necessity of understanding trauma's dual nature: as a source of psychological disruption and a potential catalyst for growth and adaptation.

Table 2. Description of the Training "The Impact of Childhood Trauma on Future Family Formation"

Lessons	Time is needed
Lesson 1. *Topic: "Acquaintance"* Goal: help participants get to know each other and create an atmosphere of cooperation and teamwork. *Exercises:* "My mood", "Names and adjectives", "My letter", "Interview", "Choose a phrase", "How similar we are! "Farewell".	1 hour 30 minutes
Lesson 2. Topic: *"Working with traumatic experience"* The goal: to create a safe space for participants to release and process their traumatic experiences. *Exercises:* "My mood", "Safe place", "Grounding technique", "9 small mandalas", "Doodles", "Map of emotions", "Farewell".	1 hour 30 minutes
Lesson 3. Topic: "*The impact of trauma on self-esteem and confidence.*" The goal: to help participants build self-esteem and self-confidence, often weakened by childhood trauma, and to help build healthy relationships in the future. *Exercises:* "My mood", "Muffling self-criticism", "Mirror", "Messages from loved ones", "Choose quotes", "What do I like about you?". ,"Farewell".	1 hour 30 minutes
Lesson 4. Topic: "*Formation of skills to overcome anxiety*" Purpose: to study the impact of traumatic experiences on the emotional state of young people. *Exercises:* "My mood", "Collage. General cleaning", "Footprints of fear", "Working with dreams", "Technique for bodily sensations", "Loss and gifts of trauma", "Farewell".	1 hour 30 minutes
Lesson 5. Topic: "*Understanding and overcoming frustration*" The goal: to help participants develop effective coping strategies for anxiety and teach them how to use these skills in their daily lives. *Exercises:* "My mood", "Diagnostic work", "Compliments", "Rhythmic breathing", "Farewell".	1 hour 30 minutes
Lesson 6. Topic: "*Aggression and ways to overcome it*" The goal: to provide participants with an understanding of the nature of aggression, its possible causes and consequences, as well as to teach them to effectively manage aggressive emotions and find constructive ways to overcome conflicts. *Exercises:* "My mood", "Peace balls", "Glass", Assessment of individual aggressiveness, "Fantasy", "Farewell".	1 hour 30 minutes
Lesson No. 7. Topic: "Results of training" Purpose: to summarize the main achievements and impressions from the training. Exercises "My mood", "Hourglass", "Action!", "Communication without words", "Farewell".	1 hour 30 minutes

Source: developed by the authors

The study identified several types of childhood trauma—abandonment, rejection, deprivation, betrayal, sexual seduction, violence, and humiliation—each with unique effects on individuals. These types align with common classifications found in trauma literature, further supporting the concept that trauma is multifaceted, with distinct impacts depending on the type and context of the traumatic event. For instance, abandonment trauma can lead to attachment insecurities, while betrayal trauma may erode trust and foster feelings of alienation. Such findings echo the research by Shapiro

and Applegate (2000), which emphasizes trauma's diverse impacts on attachment and family perceptions.

Family plays a pivotal role in both the experience and resolution of trauma. The study's findings, supported by Alešenko (2022) and Burlakova and Zhitchenko (2018), highlight the importance of family as a health-preserving space. When family relationships are strong, they can mitigate trauma's negative effects and help foster resilience. Conversely, dysfunctional family environments can exacerbate trauma, leading to heightened levels of anxiety, frustration, and rigidity, as found in the results using Eysenck's Self-Assessment of Mental States. These psychological states reveal how trauma can impair emotional regulation, complicate relationship-building, and affect mental health long term.

A significant outcome of this study is the affirmation of the role that social and familial support plays in buffering against the adverse impacts of trauma. This aligns with the concept of trauma resilience, as proposed by Masten (2001), which emphasizes how supportive family relationships can aid in recovery. The correlation between family support and mental health suggests that strengthening family ties and promoting positive family interactions should be integral to trauma intervention strategies.

The intervention program described in this study - "The Impact of Childhood Trauma on Future Family Formation" - offers a structured approach to addressing trauma's impact on youth. The program's focus on self-esteem, anxiety management, frustration tolerance, and aggression control illustrates a comprehensive method for fostering resilience and promoting healthy family perceptions. This aligns with the work of Cohen et al. (2006), which supports the efficacy of trauma-focused cognitive behavioral therapy in improving family relationships and supporting trauma recovery.

Overall, the findings emphasize the critical role of family perceptions in the psychological impact of trauma on youth. By understanding how trauma influences views on family dynamics, mental health professionals and caregivers can better tailor interventions to support young individuals in rebuilding trust, strengthening family bonds, and developing adaptive coping mechanisms. Future research should further explore these dynamics, particularly within diverse cultural and socioeconomic contexts, to broaden our understanding of how family perceptions mediate the effects of trauma across different youth populations.

While trauma poses significant challenges to youth, with appropriate support and intervention, young individuals can develop resilience, strengthen family relationships, and ultimately achieve psychological growth and stability.

Conclusion. Childhood trauma can profoundly shape an individual's perception of family, impacting psychological well-being and altering family dynamics. This study highlights the dual nature of traumatic experiences: while they can disrupt the inner world and life trajectory of youth, they can also mobilize inner strength and foster resilience. Traumatic events, much like physical injuries, vary in intensity, and the process of healing is likewise variable, underscoring the need for tailored therapeutic interventions.

The research findings underscore the importance of understanding trauma's influence on family perceptions among youth, as these perceptions are often tied to broader emotional and psychological development. As explored in the literature, trauma can lead to trust issues, altered attachment patterns, and sometimes even strengthened family bonds when support is present. Through the use of targeted interventions, such as family-based therapies and support systems, there is potential to mitigate trauma's negative impact on family relationships, thereby fostering resilience and promoting mental health.

The study's methodology, which involved both quantitative and qualitative analyses, provided a comprehensive view of the psychological effects of trauma on youth. The findings emphasize the need for therapeutic programs that focus on emotional regulation, self-esteem building, and coping skills. The correctional-developmental training program developed as part of this research represents a significant step toward offering trauma-affected youth the tools they need to understand their experiences, build resilience, and foster healthy family relationships.

Overall, this research sheds light on the complex interplay between trauma and family perceptions, contributing valuable insights for caregivers, educators, and mental health professionals working with youth. By promoting targeted interventions, this study aims to support the development of positive family relationships and enhance the overall well-being of trauma-affected individuals. Future research should continue to explore cultural and contextual factors that shape trauma's impact on family perceptions, further informing strategies to support youth recovery and resilience.

Author contributions. The authors contributed equally.

Disclosure statement. The authors do not have any conflict of interest.

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