

## The Effect of Adverse Childhood Experiences on Relationship Satisfaction Among Couples

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### ABSTRACT

**Background:** Exposure to different types of adversities in childhood has been strongly associated with negative effects that persist into adulthood. Individuals who have experienced trauma, abuse and neglect incidents had a significantly lower relationship satisfaction in their current romantic relationship. In contrast those who experienced fewer troublesome childhood experiences had a higher relationship satisfaction in their current romantic relationship. **Aim:** The present study aimed to explore the effect of adverse childhood experiences on relationship satisfaction among couples. **Method:** After taking the written informed consent, the participants were given Demographic data sheet, the Adverse Childhood Experiences Questionnaire (ACE-Q) and the Couple Satisfaction Index Scale (CSI). The data analysis was done with Spearman's rank correlation coefficients. **Result:** The data revealed that as the number of adverse experiences in childhood increases, the levels of relationship satisfaction tend to decrease significantly among couples. **Discussion:** As the number of childhood experiences i.e. physical abuse, verbal abuse, sexual abuse and Parental misadjustment increases, the levels of relationship satisfaction would tend to decrease significantly among couples. The findings were in agreement with the findings of Eyisoğlu and Erdem (2023) and other researchers. **Conclusion:** Based on the findings of the current study, appropriate prevention and early interventions can be planned to reduce the impact of negative childhood experiences on psychosocial aspects of an individual's life to improve relationship satisfaction.

**Keywords:** Adverse Childhood Experience, Relationship satisfaction, couple