

Long-term Impact of the Traumatic Event and Psychological Well-Being among Adult Survivors of Child Sexual Abuse

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Abstract: Long-term effects of Child Sexual Abuse (CSA) have been observed by many clinicians and researchers over many decades. Aim of the present study was to explore the long-term impact of CSA and its impact on their Psychological well-being. For the purpose, 150 (75 male, 75 female) adult survivors of CSA were selected to participate in the study. Impact of Events Scale – Revised (IES-R) and Ryff's Psychological Well-Being Scale (PWB) 42 Item Version were used to measure the level of impact of the traumatic event and level of Psychological well-being respectively. The Ryff's Psychological Well-Being Scale measures six sub dimensions which includes Autonomy, Environmental mastery, Personal Growth, Positive Relations, Purpose of life and Self- acceptance. Demographic details such as age, educational level, working status, and marital status were recorded using an interview schedule. Statistical analysis by using t-test and Pearson correlation was done in SPSS software 21 version. The result revealed that there is a significant relationship between the level of impact of the traumatic event and their Psychological well-being among the Adult Survivors of CSA. Adult Survivors of CSA showed high level of impact and poor Psychological Well-being. Female had more impact and poor Psychological Well-being than men. Higher the education, married and working individuals exhibited better Psychological well-being compared to less educated, not married or having problems in marriage and not working respectively. Elder individuals exhibited less impact compared to young adults. There was a high impact in the personal growth, positive relations and self-acceptance of the adult survivors of CSA.

Keywords— Child Sexual Abuse. Long-term effects, Psychological well-being, Adult survivors of CSA.

I. INTRODUCTION

Child Sexual Abuse experience impacts the adult survivors deliberately over the short and long term especially it affects the women survivors more commonly. Child Sexual Abuse is defined as any form of sexual activity liable to cause physical or psychological damage in which the victim is a child. Adults who have experienced sexual abuse in childhood are described as a survivor of Child Sexual Abuse. The terminology is used to represent the strength of the individual who survived the trauma.

Several researchers have identified several impacts of Child Sexual Abuse on various aspects of life such as interpersonal relationship, intimate relationship, mental health, psychological well-being, quality of life, adjustment problems, parenting issues, emotional disturbance and very importantly several sexual effects.

Long-Term effects can be categorized into six major components – Emotional, Interpersonal, Behavioral, Cognitive/Perceptual, Physical and Sexual. Emotional effects involve depression, low self-esteem, guilt, anxiety, obsession/compulsion and anger. Interpersonal effects ranges from isolation, general social relationship issues, relationship with men, women and parents, fear of intimacy, effects of parenting and revictimisation. Behavioral effects include self-destruction, self-mutilation, suicide, eating disorders, alcohol abuse and drug abuse. Cognitive effects such as denial, cognitive distortions, dissociation, amnesia, multiple personality, nightmares and hallucination are considered as long-term effect of CSA.

Sexual effects of Child Sexual Abuse are very sensitive and affect the sexual life of the individual by impaired motivation, arousal, orgasm, dissatisfaction, inability to separate sex from affection, prostitution, etc.

Primary reaction to the abuse will be posttraumatic stress and alterations in the childhood development. Secondary reactions involve reflection on the impact and other related difficulties and painful situations where the individual will lack resilience and coping skills mostly.

Psychological Well-being plays key role in the social and emotional development of the individual. It is widely affected and seen as a struggle for those who have experience of traumatic events especially Sexual Abuse. Child Sexual Abuse experience is something which causes difficulties throughout the adulthood of the individual.

There should be more intervention plans and prevention programs encouraged in the society which should also involve various integrated roles from teachers to doctors, from father to friend, everyone in the society has to consider it is there responsibility when something harm happens to the child who is innocent and naive in the developmental stage.

II. METHOD

Aim of the study

The present study aims to find out relationship between the level of Impact of Traumatic Event and Psychological Well-being among the Adult Survivors of Child Sexual Abuse.

Objectives of the Study

1. To measure the level of Impact of the Traumatic Event among the Adult Survivors of Child Sexual Abuse

2. To measure the level of Psychological Well-being among the Adult Survivors of Child Sexual Abuse
3. To compare and find the relationship between the Impact of the Traumatic Event and Psychological Well-being among the Adult Survivors of Child Sexual Abuse
4. To analyze the demographic profile (Gender, Age, Educational Status, Working Status and Marital Status) of the Adult Survivors of Child Sexual Abuse

Research design:

The study adopted descriptive and diagnostic research design. It describes the demographic profile of the respondents and diagnoses the level of Impact of the traumatic event and the Psychological Well-being.

Sampling Technique:

The sampling techniques adopted for the selection of the respondents was convenient sampling method. The criterion for selecting the respondents was that they should have experience of Sexual Abuse in their Childhood.

Sample

For achieving the purpose of the study, 150 (Male, N= 75 & Female, N= 75) Adult Survivors of Child Sexual Abuse who were age of 18 years and above from Chennai City, Tamil Nadu were selected for the study sample.

Hypotheses of the study

1. There will be significant difference in the level of Impact of Traumatic Event among the adult survivors of Child Sexual Abuse
2. There will be significant difference in the level of Impact of Traumatic Event and Psychological Well-being among the adult survivors of Child Sexual Abuse
3. There is a significant relationship between Impact of the Traumatic Event and Psychological Well-Being among the adult survivors of Child Sexual Abuse
4. There is a significant difference in the level of Impact of Traumatic Event among the adult survivors of Child Sexual Abuse on the basis of Gender
5. There is a significant difference in the level of Impact of Psychological Well-Being among the adult survivors of Child Sexual Abuse on the basis of Gender
6. There is a significant difference in the level of Impact of Traumatic Event among the adult survivors of Child Sexual Abuse on the basis of Age
7. There is a significant difference in the level of Psychological Well-Being among the adult survivors of Child Sexual Abuse on the basis of Age
8. There is a significant difference in the level of Impact of Traumatic Event among the adult survivors of Child Sexual Abuse on the basis of Educational Status
9. There is a significant difference in the level of Psychological Well-Being among the adult survivors of Child Sexual Abuse on the basis of Educational Status
10. There is a significant difference in the level of Impact of Traumatic Event among the adult survivors of Child Sexual Abuse on the basis of Working Status
11. There is a significant difference in the level of Psychological Well-Being among the adult survivors of Child Sexual Abuse on the basis of Working Status
12. There is a significant difference in the level of Impact of Traumatic Event and Psychological Well-Being among the adult survivors of Child Sexual Abuse on the basis of Marital Status
13. There is a significant difference in the level of Psychological Well-Being among the adult survivors of Child Sexual Abuse on the basis of Marital Status

Tools used for the study

- Impact of Events Scale – Revised (IES-R) was used to measure the level of Impact of the Traumatic Event.
- Ryff's Psychological Well-Being Scale (PWB) 42 Item Version was used to measure the level of Psychological Well-being. The Psychological Well-being scale measures six sub dimensions which includes Autonomy, Environmental mastery, Personal Growth, Positive Relations, Purpose of life and Self- acceptance.
- An interview schedule was designed to collect details of Sexual Abuse and Demographic profile such as age, gender, educational level, working status, and marital status.

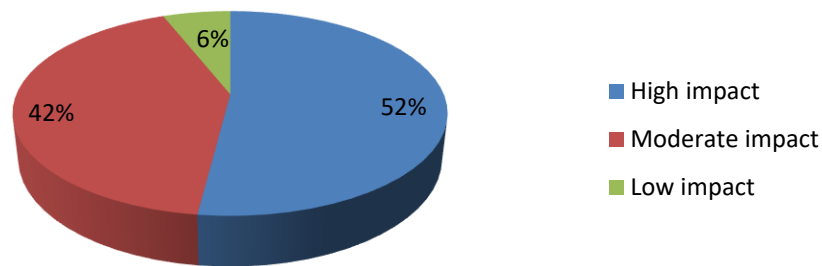
Statistical analysis

t- test and Pearson Correlation was done using SPSS software 21 version.

III. RESULTS

Figure I - Distribution of the respondents by their level of Impact of Traumatic Event

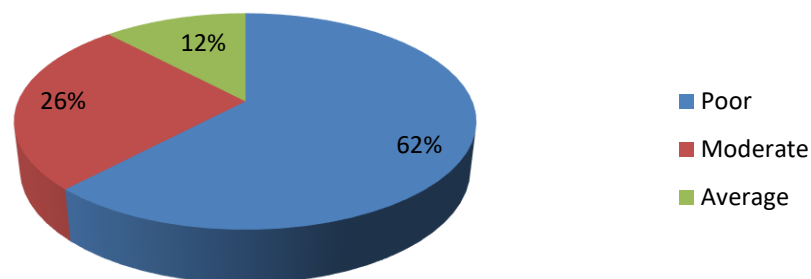
Distribution of the respondents by their level of Traumatic Event.



With regard to the overall Traumatic Impact of the adult survivors of Child Sexual Abuse, majority of them shows high impact.

Figure II - Distribution of the respondents by their Level of Psychological Well-Being

Distribution of the respondents by their Psychological Well-Being.



With regard to the overall Psychological Well-Being of the adult survivors of Child Sexual Abuses, majority of them has poor Psychological Well-Being.

Table – I: One sample t-test among the level of Impact of Traumatic Event of the adult survivors of CSA

Variable	N	Mean	S.D.	Sig. (2-tailed)	t	Statistical Inference
Impact of Traumatic Event	150	2.5080	.84651	.000	7.350	P < 0.01 Significant

It is seen from Table I that the mean is 2.50, Standard Deviation is .85, and t-value is 7.35 with respect to the level of Impact of Traumatic Event among adult survivors of Child Sexual Abuse. The p-value is less than 0.01 and significant. The hypothesis which stated there will be a significant difference in the level of Impact of Traumatic Event is accepted. The result shows that there is significant difference among adult survivors of Child Sexual Abuse in their level of Impact of Traumatic Event.

Table – II: One sample t-test among the level of Psychological Well-being of the adult survivors of CSA

Variable	N	Mean	S.D.	Sig. (2-tailed)	t	Statistical Inference
Autonomy	150	2.4978	1.003679	.000	-5.933	P < 0.01 Significant
Environmental Mastery	150	2.4667	.99739	.000	-6.549	P < 0.01 Significant
Personal Growth	150	1.6067	.588577	.000	-29.132	P < 0.01 Significant
Positive Relations	150	1.5911	.62408	.000	-27.649	P < 0.01 Significant
Purpose in Life	150	2.4467	.84595	.000	-8.011	P < 0.01 Significant
Self-Acceptance	150	1.5638	.58753	.000	-29.839	P < 0.01 Significant

Psychological Well-being	150	2.0324	.74368	.000	-15.881	P < 0.01 Significant
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It is seen from Table II that the mean of Autonomy is 2.49, the mean of Environmental Mastery is 2.46, the mean of Personal Growth is 1.60, the mean of Positive Relations is 1.59, the mean of Purpose in life is 2.44, the mean of Self-Acceptance is 1.56, the mean is 2.03, Standard Deviation is .74, and t-value is -15.88 with respect to the level of Psychological Well-Being among adult survivors of Child Sexual Abuse. The p-value is less than 0.01 and significant. The hypothesis which stated there will be a significant difference in the level of Psychological Well-Being is accepted. The result shows that there is significant difference among adult survivors of Child Sexual Abuse in their level of Psychological Well-Being.

Table III Showing the correlation for Impact of Traumatic Event and Psychological Well-Being among the adult survivors of CSA

		Impact of Traumatic Event
Autonomy	Pearson Correlation Sig. (2 tailed) N	-.864** .000 150
Environmental Mastery	Pearson Correlation Sig. (2 tailed) N	-.857** .000 150
Personal Growth	Pearson Correlation Sig. (2 tailed) N	-.750** .000 150
Positive Relations	Pearson Correlation Sig. (2 tailed) N	-.774** .000 150
Purpose in Life	Pearson Correlation Sig. (2 tailed) N	-.821** .000 150
Self-Acceptance	Pearson Correlation Sig. (2 tailed) N	-.751** .000 150
Psychological Well-being	Pearson Correlation Sig. (2 tailed) N	-.854** .000 150

** Correlation is significant at the 0.01 level (2 tailed).

It is seen from Table III that the correlation value of Impact of Traumatic Event with Autonomy is -.864, with Environmental Mastery is -.857, with Positive Relations is -.774, with Purpose in Life is -.821 and with Self-Acceptance is -.751 which indicates high degree of correlation and significant at 0.01 level. The correlation value of Impact of Traumatic Event with Personal Growth is -.750 which indicates moderate correlation and significant at 0.01 level. The correlation value between the Impact of Traumatic Event and Psychological Well-being among the adult survivors of Child Sexual Abuse is -0.854 which is found to be negatively correlating and significant at 0.01 level. The result revealed that lesser the impact of the Traumatic Event, there Psychological Well-being will be better

Table – IV: ‘t’ test between the Gender of the respondents with regard to the level of Impact of Traumatic Event

SL.NO.	Gender	N	Mean	S.D.	Sig.	Statistical Inference
1.	Male	75	2.3760	.73885	.056	t = -1.927 P > 0.01 Not Significant
2.	Female	75	2.6400	.92824		

It is seen from Table IV that the mean value of Male group is 2.37 and Female group is 2.64 with respect to the level of Impact of Traumatic Event among the Adult Survivors of Child Sexual Abuse. The t value is -1.927 among the Gender of Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event. The p value is greater than 0.01 and not significant. The hypothesis which stated there will be significant difference among the Gender of the Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event is rejected. It shows that there is no significant difference among the Gender of the Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event. Both men and women have high impact of trauma even after many years as long-term effect.

Table – V: ‘t’ test between the Gender of the respondents with regard to the level of Psychological Well-being

Variable	Gender	N	Mean	S.D.	Sig.	t	Statistical Inference
Autonomy	Male	75	2.4178	.98654	.346	-.945	P > 0.05 Not Significant
	Female	75	2.5778	1.08544			
Environmental Mastery	Male	75	2.4267	1.00682	.625	-.490	P > 0.05 Not Significant
	Female	75	2.5067	.99301			
Personal Growth	Male	75	1.4667	.62960	.003	-3.005	P < 0.01 Significant
	Female	75	1.7467	.50475			

Positive Relations	Male	75	1.4978	.68307	.067	-1.846	P > 0.05 Not Significant
	Female	75	1.6844	.54770			
Purpose in Life	Male	75	2.3156	.87661	.057	-1.915	P > 0.05 Not Significant
	Female	75	2.5778	.79852			
Self-Acceptance	Male	75	1.4550	.62805	.024	-2.277	P < 0.05 Significant
	Female	75	1.6711	.52703			
Psychological Well-Being	Male	75	1.9362	.77427	.117	-1.577	P > 0.05 Not Significant
	Female	75	2.1274	.70449			

It is seen from Table V that the mean values of Male group and Female group with respect to Autonomy are 2.41 and 2.57 respectively. The mean values of Male group and Female group with respect to Environmental Mastery are 2.42 and 2.50 respectively. The mean values of Male group and Female group with respect to Positive Relations are 1.49 and 1.68 respectively. The mean values of Male group and Female group with respect to Purpose in Life are 2.31 and 2.57 respectively. The mean value of Male group is 1.93 and Female group is 2.12 with respect to the level of Psychological Well-Being among the Adult Survivors of Child Sexual Abuse. The t value is -1.577 among the Gender of Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being. The p value is greater than 0.05 and not significant. The hypothesis which stated there will be significant difference among the Gender of the Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being is rejected. It shows that there is no significant difference among the Gender of the Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being. Both men and women have high impact of trauma even after many years as long-term effect. Both men and women adult survivors of Child Sexual Abuse have poor Psychological Well-being as a long-term effect. There is significant difference among men and women adult survivors of Child Sexual Abuse in their Personal Growth and Self-Acceptance. Female shows higher Personal Growth and Self-Acceptance than men

Table – VI: One-way analysis of variance among the Age of the respondents with regard to the level of Impact of Traumatic Event

SL.NO.	Standard	df	Sum of Squares	Mean Square	Mean	Sig.	Statistical Inference
1.	Between Groups	3	72.933	24.311	S1= 3.2593 S2= 3.0237 S3= 1.8170 S4= 1.4353	.000	F = 104.897 P < 0.01 Significant
2.	Within Groups	146	33.837	.232			

S1= 18 to 29 years, S2 = 30 to 39 years, S3 =40 to 49 years, S4 = 50 to 59 years

It is seen from Table VI that the mean value of age group 18-29 years is 3.2593, age group 35-39 years is 3.0237, age group 40-49 is 1.8170 and age group 50-59 years is 1.4353 with respect to the level of Impact of Traumatic Event among the Adult Survivors of Child Sexual Abuse. The F value is 104.897 among the Age of Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event. The p value is less than 0.01 and significant. The hypothesis which stated there will be significant difference among the Age of the Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event is accepted. It shows that there is significant difference among the Age of the Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event. Younger the age, impact is higher comparatively.

Table – VII: One-way analysis of variance among the Age of the respondents with regard to their Psychological Well-being

Variable	Standard	df	Sum of Squares	Mean Square	Mean	Sig.	Statistical Inference
Autonomy	Between Groups	3	97.106	32.369	S1=1.6667 S2= 1.8927 S3= 3.2553 S4= 3.8235	.000	F = 74.941 P < 0.01 Significant
	Within Groups	146	63.060	.432			
Environmental Mastery	Between Groups	3	98.839	32.946	S1=1.6914 S2= 1.8192 S3= 3.2553 S4=3.7647	.000	F =97.404 P < 0.01 Significant
	Within Groups	146	49.383	.338			
Personal Growth	Between Groups	3	29.391	9.797	S1=1.2099 S2= 1.2429 S3= 2.0284 S4=2.3333	.000	F =65..810 P < 0.01 Significant
	Within Groups	146	21.735	.149			
Positive Relations	Between Group	3	35.789	11.930	S1=1.0988 S2= 1.2147 S3= 2.0638	.000	F =78.300 P < 0.01

	Within Groups	146	22.244	.152	S4=2.3725		Significant
Purpose of Life	Between Groups	3	70.002	23.334	S1=1.8148	.000	F =93.012 P < 0.01 Significant
	Within Groups	146	36.627	.251	S2= 1.8927 S3= 3.1064 S4=3.5490		
Self-Acceptance	Between Groups	3	30.736	10.245	S1=1.1358	.000	F =72.993 P < 0.01 Significant
	Within Groups	145	20.352	.140	S2= 1.2069 S3= 1.9574 S4=2.3725		
Psychological Well-being	Between Groups	3	56.127	18.709	S1=1.4362	.000	F =105.455 P < 0.01 Significant
	Within Groups	145	25.725	.177	S2= 1.5459 S3= 2.6111 S4=3.0359		

S1= 18 to 29 years, S2 = 30 to 39 years, S3 =40 to 49 years, S4 = 50 to 59 years

It is seen from Table VII that the mean value of age group 18-29 years is 1.4362, age group 35-39 years is 1.5459, age group 40-49 is 2.6111 and age group 50-59 years is 3.0359 with respect to the level of Psychological Well-Being among the Adult Survivors of Child Sexual Abuse. The F value is 105.455 among the Age of Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being. The p value is less than 0.01 and significant. The hypothesis which stated there will be significant difference among the Age of the Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being is accepted. It shows that there is significant difference among the Age of the Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being. Younger adult shows poor Psychological Well-being than older adults.

Table – VIII: ‘t’ test between the Education Status of the respondents with regard to the level of Impact of Traumatic Event

SL.NO.	Education Level	N	Mean	S.D.	Sig.	t	Statistical Inference
1.	Literate	61	1.6689	.33244	.000	-17.655	P < 0.01
2.	Illiterate	89	3.0831	.56150			Significant

It is seen from Table VIII that the mean value of Literate group is 1.67 and illiterate group is 3.08 with respect to the level of Impact of Traumatic Event among the Adult Survivors of Child Sexual Abuse. The t value is -17.655 among the Educational Status of Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event. The p value is less than 0.01 and significant. The hypothesis which stated there will be significant difference among the Educational Status of the Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event is accepted. It shows that there is significant difference among the Educational Status of the Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event. Literate individuals show lesser impact than illiterate individuals. The result revealed that Education helps the individual to overcome the distress caused by the Traumatic Event.

Table – IX: ‘t’ test between the Education Status of the respondents with regard to their Psychological Well-being

Variables	Education Level	N	Mean	S.D.	Sig.	t	Statistical Inference
Autonomy	Literate	61	3.6776	.39425	.000	35.236	P < 0.01 Significant
	Illiterate	89	1.6891	.29643			
Environmental Mastery	Literate	61	3.5792	.47493	.000	29.973	P < 0.01 Significant
	Illiterate	89	1.7041	.29059			
Personal Growth	Literate	61	2.2459	.27823	.000	26.115	P < 0.01 Significant
	Illiterate	89	1.1685	.22543			
Positive Relations	Literate	61	2.2787	.30539	.000	27.622	P < 0.01 Significant
	Illiterate	89	1.1199	.20869			
Purpose in Life	Literate	61	3.4098	.34638	.000	35.417	P < 0.01 Significant
	Illiterate	89	1.7865	.21466			
Self-Acceptance	Literate	61	2.2077	.31129	.000	27.593	P < 0.01 Significant
	Illiterate	89	1.1174	.16792			
Psychological Well-being	Literate	61	2.8998	.238911	.000	52.483	P < 0.01 Significant
	Illiterate	89	1.4312	.09111			

It is seen from Table IX that the mean value of Literate group is 2.89 and illiterate group is 1.43 with respect to the level of Psychological Well-Being among the Adult Survivors of Child Sexual Abuse. The t value is 52.483 among the Educational Status of Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being. The p value is less than 0.01 and significant. The hypothesis which stated there will be significant difference among the Educational Status of the Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being is accepted. It shows that there is significant difference among the Educational Status of the Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being. Well-Being. Literate individuals show better Psychological Well-being than illiterate individuals. The result revealed that Education helps the individual to improve their Psychological Well-Being.

Table – X: ‘t’ test between the Working Status of the respondents with regard to the level of Impact of Traumatic Event

SL.NO.	Education Level	N	Mean	S.D.	Sig.	t	Statistical Inference
1.	Working	90	2.0133	.67294	.000	-12.553	P < 0.01
2.	Not Working	60	3.2500	.43976			Significant

It is seen from Table X that the mean value of Working group is 2.01 and Non-Working group is 3.25 with respect to the level of Impact of Traumatic Event among the Adult Survivors of Child Sexual Abuse. The t value is -12.553 among the Working Status of Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event. The p value is less than 0.01 and significant. The hypothesis which stated there will be significant difference among the Working Status of the Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event is accepted. It shows that there is significant difference among the Working Status of the Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event. The result revealed that Working individuals exhibited less Impact of Traumatic Event over a long period than those who are not working.

Table – XI: ‘t’ test between the Working Status of the respondents with regard to their Psychological Well-being

Variables	Working Status	N	Mean	S.D.	Sig.	t	Statistical Inference
Autonomy	Working	90	3.0444	.98958	.000	10.348	P < 0.01 Significant
	Not Working	60	1.6778	.31273			
Environmental Mastery	Working	90	2.9852	.96494	.000	10.102	P < 0.01 Significant
	Not Working	60	1.6889	.28698			
Personal Growth	Working	90	1.8889	.57843	.000	8.937	P < 0.01 Significant
	Not Working	60	1.1833	.24104			
Positive Relations	Working	90	1.9074	.60283	.000	9.684	P < 0.01 Significant
	Not Working	60	1.1167	.22819			
Purpose in Life	Working	90	2.8741	.84146	.000	9.635	P < 0.01 Significant
	Not Working	60	1.8056	.20623			
Self-Acceptance	Working	90	1.8519	.58511	.000	9.277	P < 0.01 Significant
	Not Working	60	1.1243	.17396			
Psychological Well-being	Working	90	2.4253	.72173	.000	10.500	P < 0.01 Significant
	Not Working	60	1.4331	.08430			

It is seen from Table XI that the mean value of Working group is 2.42 and Non-Working group is 1.43 with respect to the level of Psychological Well-Being among the Adult Survivors of Child Sexual Abuse. The t value is 10.500 among the Working Status of Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being. The p value is less than 0.01 and significant. The hypothesis which stated there will be significant difference among the Working Status of the Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being is accepted. It shows that there is significant difference among the Working Status of the Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being. The result revealed that working individuals show better Psychological Well-being than those not working.

Table – XII: ‘t’ test between the Marital Status of the respondents with regard to the level of Impact of Traumatic Event

SL.NO.	Marital Status	N	Mean	S.D.	Sig.	t	Statistical Inference
1.	Married	86	1.9116	.50466	.000	-17.390	P < 0.01 Significant
2.	Not Married	64	3.3094	.46178			

It is seen from Table XII that the mean value of Married group is 1.91 and Not Married group is 3.30 with respect to the level of Impact of Traumatic Event among the Adult Survivors of Child Sexual Abuse. The t value is -17.390 among the Working Status of Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event. The p value is less than 0.01 and significant. The hypothesis which stated there will be significant difference among the Marital Status of the Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event is accepted. It shows that there is significant difference among the Marital Status of the Adult Survivors of Child Sexual Abuse with regards to their level of Impact of Traumatic Event. The result revealed that Married individuals show lesser impact than those not married or who are in complicated relationship.

Table – XIII: ‘t’ test between the Marital Status of the respondents with regard to their Psychological Well-being

Variables	Marital Status	N	Mean	S.D.	Sig.	t	Statistical Inference
Autonomy	Married	86	3.1202	.93713	.000	11.864	P < 0.01 Significant
	Not Married	64	1.6615	.34371			
Environmental Mastery	Married	86	3.0504	.90679	.000	11.304	P < 0.01 Significant
	Not Married	64	1.6823	.39140			
Personal Growth	Married	86	1.9147	.57209	.000	9.406	P < 0.01 Significant
	Not Married	64	1.1927	.25755			
Positive Relations	Married	86	1.9264	.60801	.000	9.735	P < 0.01 Significant
	Not Married	64	1.1406	.25061			
Purpose in Life	Married	86	2.9302	.80702	.000	10.828	P < 0.01 Significant
	Not Married	64	1.7969	.25626			
Self-Acceptance	Married	86	1.8760	.58084	.000	9.655	P < 0.01

	Not Married	64	1.1376	.20421			Significant
Psychological Well-being	Married	86	2.4696	.69528	.000	11.532	P < 0.01
	Not Married	64	1.4356	.17432			Significant

It is seen from Table XIII that the mean value of Married group is 2.47 and Not Married group is 1.44 with respect to the level of Psychological Well-Being among the Adult Survivors of Child Sexual Abuse. The t value is 11.532 among the Working Status of Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being. The p value is less than 0.01 and significant. The hypothesis which stated there will be significant difference among the Marital Status of the Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being is accepted. It shows that there is significant difference among the Marital Status of the Adult Survivors of Child Sexual Abuse with regards to their level of Psychological Well-Being. The result revealed that supportive spouse and healthy relationship helps the individual to improve the Psychological Well-being.

IV. DISCUSSION

The present study brings an understanding that there is a severe long-term impact of Child Sexual Abuse throughout the adulthood. One among the impacts is Psychological Well-being comprising the dimensions of Autonomy, Environmental mastery, Personal Growth, Positive Relations, Purpose of life and Self- acceptance in this study. Though men and women are highly impacted, women show much vulnerability and psychological impact than men. Young adults show more impact than older adults. Older adults show poor Psychological Wellness due to several other ageing factors. The Education and working status play important roles in the life of Adult Survivors of Child Sexual Abuse as it helps them to become mentally strong and survive better. Individuals who are married to understanding and supportive spouse exhibited better Psychological Wellness than those who are not married and those who are in problematic marital relationship.

V. CONCLUSION

The present study intends to suggest several integrated services that can support the Adult Survivors of Child Sexual Abuse to overcome their long-term physical and mental health impact. Some of the Implications that could be helpful include Counseling, Psycho-education, Supportive Psychotherapy, Psycho-Social Interventions, Community Mental Health awareness. Very importantly the other aspect which was majorly identified to be a cause for the severe impact involves revictimisation, resilience and coping skills. Training on these resilience and coping skills could not only serve as intervention plan but also as a prevention program at the early stages of life during childhood.

The present study extends the scope for conducting experimental study among the Adult Survivors of Child Sexual Abuse so that their Well-being can be fostered for rest of their adulthood lifespan. Also, to conduct various prevention programs focusing on resilience, mental strength and other vulnerability factors for the victimization.

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