

Association of Adverse Childhood Experiences with Resilience and Burnout among Working Adults in Delhi

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Abstract

Introduction: Adverse childhood experiences can be highly impactful in functioning of an individual during the later developmental stages. Previous research work emphasizes the significant association of adverse childhood experiences on psychological well-being of an individual. The aim of this study is to understand the association between Adverse Childhood Experiences with Resilience and Burnout among working adults in Delhi.

Material and Methods: Convenient sampling was used for the data collection from (N=) 50 working professionals both male and female in the age range of 25 to 35 years with minimum 2 years of work engagement. Adverse Childhood Experiences International Questionnaire (WHO, 2021), Brief Resilience Scale-6 (Smith et al., 2008), Copenhagen Burnout Inventory (Kristensen et al., 2005) was used in the present correlational study.

Results: The findings highlight there is a significant positive association of Adverse Childhood experiences and Resilience of $r = +0.491$ ($p > 0.01$). A significant negative association was found between Adverse Childhood Experiences and Burnout where $r = -0.387$ ($p > 0.01$). This shows that individuals with high ACEs will have higher resilience and less burnout.

Conclusion: This study focuses on the scope to explore the positive factors that moderates the occupational functioning of an individual who has undergone challenges and adversities in childhood. Future researchers and policy makers can explore resilience based intervention strategies to empower individuals with high adverse childhood experiences towards better professional wellbeing.