ABUSIVE/ NEGLECTFUL HOMES AS PREDICTOR OF POOR SELF-ESTEEM, SOCIAL CONNECTEDNESS AND INSECURE ATTACHMENT STYLE

Tanya Singh*

*M.A. Clinical Psychology, Amity Institute of Psychology and Allied Sciences, Amity University, Noida,

ABSTRACT

This research paper aims to investigate the effect of neglectful or abusive homes on individuals' self-esteem, social connectedness, and attachment styles. The study employed a sample of 100 participants, selected using non-probability sampling techniques such as snowball and purposive sampling. The primary research method involved administering self-report questionnaires to gather data on the participants' experiences and psychological outcomes. The analysis of the collected data utilized statistical techniques, including correlation analysis, to explore the relationships between the variables of interest. The results of the study indicate that individuals who have experienced abusive or neglectful homes tend to exhibit lower levels of self-esteem, diminished social connectedness, and insecure attachment style. the findings highlight a significant negative correlation between the experience of abusive or neglectful homes and self-esteem. Participants who have grown up in such environments are more likely to exhibit lower levels of self-esteem, possibly stemming from the chronic emotional or physical mistreatment they endured during their developmental years. The study also found a notable negative correlation between the experience of abusive or neglectful homes and social connectedness. Individuals who have been subjected to abusive or neglectful treatment in their childhood tend to have reduced social connectedness, which may be attributed to the long-term psychological effects of such adverse experiences. These individuals may face difficulties in forming and maintaining relationships, experiencing a sense of belonging, and establishing a support network. The results of this study highlight the adverse effects of neglectful or abusive homes on individuals' self-esteem, social connectedness, and attachment styles. Moreover, the study also reflects the correlation among variables in people who belong from abusive or neglectful home environments. The findings underscore the importance of addressing the psychological needs of individuals who have experienced such environments, as they may require specialized support and interventions to foster healthy self-esteem, improve social connectedness, and develop secure attachment styles.

KEYWORDS: Abusive homes, neglectful homes, self-esteem, social connectedness, attachment styles.

INTRODUCTION

Living with the trauma of abuse impacts not just a person's everyday functioning but also their entire course of development. According to studies (Cicchetti and Toth, 1995; Gauthier 1996; Green, 1985; Makinosky-Rummell and Hansen, 1993; Raczek, 1992; Wekerle and Wolfe, 1998; Zimrin, 1986), these children experience emotional, behavioral, intellectual, and social difficulties throughout their childhood. Abuse and neglect are sensitive and difficult issues in Indian households. To ascertain the prevalence of such behavior in Indian households, numerous studies have been carried out. Research indicates that abuse and neglect are pervasive in

India, although there is disagreement about the precise numbers. 53.2% of Indian youngsters said they had experienced sexual abuse in one form or another. 13.6% of kids in the same study (Ministry of Women and Child Development, 2017) said they had experienced serious sexual abuse. According to the study, 71% of kids said they had experienced emotional abuse, while 68% said they had experienced physical violence. The Indian Journal of Psychiatry published another study in 2018 that revealed domestic violence to be 28.5% common in India. Furthermore, the study discovered that women who had been victims of domestic abuse were more likely to suffer from depression, anxiety, and other mental health problems.

In India, neglect is the most common type of child abuse, according to a study from 2020 that was published in the Indian Journal of Psychological Medicine. 86.3% of children in the research said they had experienced neglect, while 46.1% said they had experienced physical abuse. It is crucial to remember that these studies have drawbacks, such as the potential underreporting of abuse and neglect caused by societal stigma. But the results imply that abuse and neglect are serious issues in Indian homes that need immediate attention and care. According to research, children who are raised in violent or neglectful environments may suffer from low self-esteem, poor social connections, and unhealthy attachment patterns. A study by Misra and Gupta (2018) identified a substantial correlation between inattentive parenting and poorer levels of teenage self-esteem in India. Neglectful parenting significantly lowered the self-esteem of Indian college students, according to a subsequent study by Singh and Srivastava (2021). Children who experienced emotional abuse had poorer self-esteem and higher levels of despair and anxiety, according to a 2017 study by Sharma and Sharma. The study concludes that children's mental health and well-being are negatively impacted by emotional maltreatment over time. Children who experienced neglect or abuse in their early years were more likely to develop insecure attachment patterns, such as avoidant or anxious attachment, according to research by Venugopal and colleagues (2014). International studies that have revealed that children who experience abuse or neglect frequently find it difficult to develop secure attachments with caregivers. In a different study conducted in 2016 by Devi and colleagues, it was discovered that children who had suffered neglect or abuse were more likely to have disorganized attachment styles, which are characterized by erratic behavioral patterns and trouble controlling emotions. According to a study done in India, children who had been the victims of abuse or neglect were less likely to establish healthy relationships with other kids and adults and were more likely to experience social isolation (Srivastava, 2015). Additional negative effects may result from this, such as mental health problems, including anxiety and depression, that may worsen social functioning (Srivastava,2015). In addition, a lack of social support may limit a child's access to resources that could aid in their recovery as well as make it harder for them to cope with the impacts of abuse or neglect (Srivastava, 2015).

The research focuses on examining how a person's sense of social connectedness, sense of self-worth, and attachment style are affected by homes that are abusive or neglectful. According to research, children who experience neglect, abuse, or violence as young children may suffer repercussions on their cognitive, social, and emotional development that last well into adulthood. It is crucial to research the consequences of an abusive or neglectful upbringing to comprehend the mechanisms underlying these detrimental effects. It's critical to understand the effects of abusive or neglectful homes to develop trauma-informed interventions and support systems for children. Professionals can create specialized therapies that address these concerns and encourage healing and resilience by understanding the unique needs and difficulties faced by children who have experienced neglect or abuse (Cohen Mannarino, 2018). Studying the impacts of abusive or neglectful homes can also help spread awareness of the prevalence and implications of these events for kids.

1.1 Abusive or neglectful home environment

Homes that are neglected are ones where parents or other caregivers fail to provide for a child's fundamental requirements, including clothing, food, shelter, and emotional support. A child being alone for an extended amount of time or being subjected to unsafe housing conditions that risk their health and safety are both examples of neglectful homes. Children who grow up in abusive households may experience long-lasting effects on their physical, mental, and social development. Neglect is described as the failure of a parent, guardian, or other caregiver to meet a child's basic needs by the Child Welfare Information Gateway. Abusive homes are those in which people—especially children—experience many sorts of mistreatment, including physical, sexual,

and emotional abuse as well as neglect. In the words of the World Health Organization (WHO), forms of physical and/or emotional ill-treatment, sexual abuse, neglect or negligent treatment, commercial or other exploitation, resulting in actual or potential harm to the child's health, survival, development, or dignity in the context of a relationship of responsibility, trust, or power are considered to be child abuse (WHO, 2016). Domestic violence, which encompasses physical, sexual, or emotional abuse between partners or family members, can also occur in abusive homes. Domestic abuse is described as a pattern of behavior used by one partner to maintain power and control over another partner in an intimate relationship by the National Domestic Violence Hotline (National Domestic Violence Hotline, n.d.). To improve the well-being of individuals and families, it is critical to address and prevent abusive or neglectful homes, which can exist in any socioeconomic or cultural group. Children who experience maltreatment, especially abuse or neglect, suffer long-lasting negative effects (Cicchetti Toth, 1995; Crouch and Milner, 1993; Gaudin, 1999).

1.1.1. Theories

To explain the occurrence of abuse within families, numerous theories and models have been proposed. These include the theories of social learning, attachment, power and control, a cycle of violence, and ecological systems.

a. Social Learning Theory

According to the social learning hypothesis, people pick up behaviors, attitudes, and values by observing and imitating those around them (Bandura, 1977). This theory can be used to understand the context of abuse in families, as children who are raised in abusive environments may pick up violent and aggressive behaviors by watching and copying their parents or other caregivers who participate in abusive behavior (Riggs, Caulfield, Street, 2020). According to research, parental abuse poses a serious risk for the emergence of aggressive behavior in kids and teenagers (Hamby, Finkelhor, Turner, Ormrod, 2011). Additionally, kids who see domestic violence may grow up with attitudes and beliefs that support or justify using violence to settle disputes (Jaffe, Wolfe, Wilson, 1990). According to the social learning hypothesis, behavior is shaped in part by rewards and penalties. Children in abusive households may receive positive reinforcement for acting aggressively or violently, either directly from the abuser or indirectly through getting attention or escaping punishment (Riggs 2020). This may confirm to the child that using violence to resolve a disagreement is appropriate. The social learning theory also emphasizes the role that cognitive processes play in influencing behavior. According to Kolbo, Blakely, and Engleman (1996), children who witness domestic violence may grow up with false perceptions about themselves, other people, and the outside world. As the child grows older, these beliefs could play a role in the development of aggressive and violent behavior. To stop the cycle of violence in families, this theory emphasizes the significance of early intervention and prevention measures.

b. Attachment Theory

A psychological theory called attachment theory aims to explain the dynamics of interpersonal connections, especially those between parents and their offspring. According to this theory, a child's emotional, social, and cognitive development is greatly influenced by the strength of the attachment link they have with their primary caregivers (Bowlby, 1969). This idea states that a child who receives consistent, prompt, and kind care grows up with a secure attachment style. Insecure attachment patterns, such as anxious or avoidant attachment, can have serious long-term effects on children who grow up in abusive or neglectful homes (Ainsworth, Blehar, Waters Wall, 1978). The mechanisms through which abuse can affect an attachment style and subsequent development can be better understood in the context of abuse in families by using attachment theory. Children who are subjected to physical, sexual, or emotional abuse, for instance, may develop an anxious attachment style, which is characterized by a greater need for closeness, clinginess, and a fear of abandonment (Mikulincer and Shaver, 2016). A different attachment style, characterized by emotional detachment, self-reliance, and a reluctance to ask for aid or support from others, may develop among kids who experience neglect or dismissal as they grow up (Main Solomon, 1990). According to research, abusive behaviors that lead to insecure attachment styles can have a long-lasting impact on a person's mental health and well-being. For instance,

people with insecure attachment styles could be more prone to mood disorders, including sadness and anxiety (Sroufe, Egeland, Carlson, and Collins, 2005). They may also have trouble regulating their emotions, suffer from interpersonal connections, and are more likely to engage in dangerous or self-destructive behaviors (Cassidy and Shaver, 2008).

c. Power and Control Theory

An explanation of how power dynamics are used to commit abuse in intimate relationships is provided by the power and control theory. This approach emphasizes how abusers exert control over their relationships, frequently by abusing them physically, emotionally, or financially (Dutton Coro, 2006). Power and control theory can be used to describe the dynamics that underpin abuse between family members in the context of abuse inside families. To maintain control over their children, for instance, abusive parents may resort to physical force or emotional blackmail. These strategies are frequently employed to terrorize the child and keep them from reporting the abuse. Similar to child abuse, elder abuse involves adult children or other family members controlling an older adult financially or emotionally (Daly Jokerst, 2017). According to significant research, the power and control model is a helpful framework for comprehending domestic violence and abuse within families (Johnson Leone, 2005). To give victims of domestic violence the ability to restore control and autonomy over their life, treatments have also been developed using this idea (Holtzworth-Munroe Stuart, 1994). It may be possible to create interventions that empower victims and aid in ending the cycle of abuse by comprehending how abusers exploit power dynamics to sustain abusive relationships.

d. Cycle of Violence Theory

A well-known hypothesis used to explain the dynamics of abuse in families is the cycle of violence theory. According to this hypothesis, abusive behavior develops in relationships in three stages: tension building, explosive episodes, and reconciliation, or the honeymoon phase. The intensity and frequency of the abuse occurrences might increase with time, and this cycle can continue to repeat itself (Walker, 1979). The abuser could become more critical, agitated, and controlling as the tension rises. By placating the abuser, the victim may attempt to diffuse the situation, but this frequently simply helps to exacerbate tension. The abusive person expresses their anger and frustration in a violent or abusive way during the explosive incident phase. This may involve maltreatment of the body, sex, or emotions. The abuser may finally apologize, make gifts or vows to change during the reconciliation or honeymoon phase, and work to mend fences. It is sad that this stage, which frequently gives the victim hope that the abuse will end, is fleeting before the cycle resumes (Walker, 1979). Numerous studies have found that abuse in families tends to follow this pattern, supporting the cycle of violence idea (Hamberger and Hastings, 1988; Walker, 1979). However, the idea has come under fire for being oversimplified and for suggesting that the victim is somehow implicated in the abuse by taking part in the reconciliation phase (Hamberger and Hastings, 1988). The cycle of violence hypothesis is nonetheless a helpful tool for comprehending and recognizing violent relationships, despite its shortcomings. Victims and their loved ones may be better equipped to seek support and assistance to end the cycle of violence and stop further suffering by being aware of the warning signals and stages of the cycle.

e. Ecological Systems Theory

Urie Bronfenbrenner's ecological systems theory offers a framework for comprehending the intricate interactions between people and their environments. As it exposes the different circumstances that might contribute to and perpetuate abusive behaviors, this theory is particularly helpful in the context of abuse in families. The idea of nested systems, in which individuals are located inside many layers of interconnected systems, each of which has its own special properties and dynamics, forms the basis of ecological systems theory (Bronfenbrenner, 1977). The microsystem, which makes up the innermost layer, is the immediate environment in which the person frequently interacts, such as the family, the classroom, or the workplace. When applied to the context of abuse in families, ecological systems theory suggests that abusive behaviors are influenced by factors at each level of the individual environment. The link between a child's family and their school is an example of a mesosystem, which is defined as the connections and interactions between several

microsystems. Broader societal organizations and structures, such as the government or media, that have an indirect effect on the individual are included in the ecosystem. The greater cultural, ideological, and philosophical values and ideas that influence the other systems are included in the macro system. Ecological systems theory says that abusive behaviors are influenced by elements at each level of the individual environment when applied to the context of abuse in families. When applied to the context of abuse in families, ecological systems theory suggests that abusive behaviors are influenced by factors at each level of the individual environment. According to Margolin and Gordis (2003), for instance, abusive behaviors within the microsystem of the family may be sustained by a history of intergenerational abuse, inadequate communication and conflict resolution skills, and unequal power dynamics. The mesosystem can also contribute to the continuation of abuse, for example, if there is a breakdown in communication between a kid's school and their home that stops instructors from identifying abuse or offering child support (Stalker, 2012). Ecosystem and macrosystem elements, such as cultural norms on gender and violence or a dearth of resources for abuse victims, can also exacerbate the issue. Additionally, ecological systems theory emphasizes the need of taking into account a person's agency and experiences within their environment. The ability to resist or question abusive behaviors may exist even when an individual is part of a system that supports those behaviors. According to Finkelhor and Browne (1986), a kid who observes abuse in their family could turn to a dependable teacher or friend for support or develop coping skills to shield themselves from the abuse. We may obtain a more nuanced knowledge of the numerous aspects that contribute to abusive behaviors and create more effective tactics for prevention and intervention by taking into account the nested systems in which individuals are positioned in the ecological model.

1.2 Consequences of an Abusive or Neglectful Home Environment

Physical, emotional, and cognitive development can be profoundly and permanently impacted by homes that are abusive or neglected. The impacts of such encounters are much more severe in India, where spousal violence, child abuse, and neglect are highly prevalent. Mental health issues are one of the most frequent consequences of abusive or neglected households. According to research by the National Crime Records Bureau, over 42% of all occurrences of child abuse in India that were reported contained emotional abuse, which is known to raise a Kid risk of developing post-traumatic stress disorder (PTSD), anxiety, and depression (Sarma, 2017). Children who grow up in abusive or negligent families are more likely to experience physical health concerns in addition to mental health issues. According to a 2016 study published in the Indian Journal of Paediatrics, malnutrition, growth retardation, and infectious infections were more common among children who had experienced abuse or neglect. In addition, kids who are abused or neglected have a higher chance of engaging in risky activities like drug usage, criminal activity, and adolescent pregnancies (Krishnakumar 2017). On their general well-being and hopes for the future, this may have long-term effects. It is vital to remember that children are not the only ones who suffer from abusive or neglected households. According to the National Institute of Justice (2016), adults who experienced abuse or neglect as children are more likely to struggle in their relationships, have low self-esteem, and have trouble with intimacy. For those who have suffered abuse or neglect, it is critical that they get the support and professional assistance they need to recover from the trauma and lead fulfilling lives.

1.3 Self-Esteem

The degree to which one self-concept attributes and characteristics are viewed positively was defined by the APA as self-esteem A person's physical self-image, perception of their accomplishments and talents, values, and perceived success in upholding them, as well as how others perceive and react to them, are all reflected in it. One level of self-esteem increases with how well certain qualities and characteristics are perceived collectively. According to Baumeister, Campbell, Krueger, and Vohs (2003), having high self-esteem is often linked to favorable outcomes like improved mental health, more resilience, and more effective coping mechanisms. Self-esteem is one of the basic human needs, according to Maslow's hierarchy of needs, and it is strongly related to self-actualization, which is the desire to reach one full potential (Maslow, 1943). In order to form healthy relationships and develop a sense of identity, self-esteem is seen to be crucial (Orth, Robins, and

Widaman, 2012). According to research, a number of elements, including genetics, early experiences, cultural norms, and social interactions, can have an impact on one sense of self (Leary and Baumeister, 2000). According to Leary and Baumeister (2000), children who receive regular praise and encouragement from their parents and other carers are likely to have greater levels of self-esteem. Furthermore, people who come from societies that emphasize personal growth and self-expression tend to attach more importance to having a healthy sense of self (Markus and Kitayama, 1991). Individual self-esteem may suffer by growing up in a violent or negligent home. According to studies (Hodgson 2013; Shonkoff 2012), those who experienced childhood abuse or neglect are more likely to have low self-esteem and feelings of worthlessness. Children who experience abuse or neglect may internalize unfavorable signals from their careers, which can result in a negative self-image and low self-esteem (Cicchetti and Toth, 2005). This is one explanation for this. Children who are subjected to abuse or neglect could also lack the emotional support and affirmation they require to form a positive self-concept (Shonkoff 2012). Self-esteem can be negatively impacted by neglect and abuse for a long time, even into adulthood (Hodgson 2013). It is crucial to remember that not everyone who experiences abuse or neglect will experience a decline in their sense of worth. People can combat the damaging effects of childhood trauma on their self-esteem by developing resilience skills such as having a strong support system, finding positive role models, and having a sense of purpose (Shonkoff 2012). Children raised in abusive or neglectful environments may internalize unfavorable signals from their parents or other adults, leading them to feel unworthy of love and respect. This can lead to emotions of worthlessness, humiliation, and guilt that can last into adulthood (Lee 2014). In addition, Indian social and cultural standards, which emphasize deference to authority figures and loyalty to them, can compound the negative consequences of abusive or neglectful households on a child's self-esteem. Children who endure abuse or neglect may believe that they are too responsible for their circumstances and blame themselves, thereby lowering their sense of self-worth (Joshi amp; Srivastava, 2014). Even though the impacts of childhood trauma can last a lifetime, resilience traits can aid people in overcoming these obstacles and achieving a positive sense of self.

1.4 Social Connectedness

Social connection is the sense of being a part of a group or social network and belonging. It entails developing good relationships with other people and experiencing reciprocal care and support. The World Health Organization (WHO) asserts that social connectivity is a crucial element of mental health and well-being (2020). According to research, having a strong social network provides several advantages for people. It has been linked to improved physical health (Holt-Lunstad 2010), greater enjoyment and life satisfaction (Lyubomirsky 2005), and a lower risk of depression and anxiety (Cacioppo and Patrick, 2008). Additionally, it has been discovered that social connectivity serves as a barrier against suicide (Krysinska and Lester, 2010). Several activities, such as joining clubs or organizations, taking part in social events, and establishing and upholding relationships, can promote social connectivity (Cohen and Wills, 1985). It is important for maintaining mental health and well-being. Homes that are abusive or neglected can have a serious detrimental effect on social connections. Children who grow up in such settings may struggle to build good relationships with others and may feel social isolation and loneliness. According to research, children who experience abuse or neglect are more likely to experience attachment problems, which can make it harder to establish healthy relationships as adults (Levy, 2017). They might also experience issues with poor self-worth and self-esteem, which can make it more difficult for them to interact with other people and lead to social isolation (Perry, 2017). By altering children's social skills and emotional control, such families can also have an impact on social connectivity. Children who have experienced neglect or abuse may struggle to control their emotions, which can make it difficult for them to properly communicate and develop deep relationships with others (Sroufe 2015). Children who have experienced neglect or abuse may feel uncomfortable and distrustful of people, which makes it difficult for them to build positive relationships with peers and adults (Felitti et a1998). In addition, they could suffer from social anxiety and fear of being rejected, which can exacerbate their social isolation and make it more difficult for them to build relationships (Bowlby, 1969). The effects of abuse and neglect on social connectivity might be particularly substantial in India, where family and social networks are highly essential. Children who experienced abuse or neglect were more likely to report feeling alone and cut off from their friends and communities, according to

research done by Vijayakumar et al. (2016). This might be partly because, as a result of their experiences, these kids are frequently stigmatized and shunned by society (Vijayakumar 2016). In addition, Ray and Rajagopal(2018) research revealed that it was more difficult for adults to establish and maintain relationships when they had been abused or neglected as children. Individuals who had suffered from emotional abuse or neglect displayed this issue with social connection in a particularly noticeable way. Furthermore, Das (2017) observed that people who had been abused or neglected as children were more likely to suffer from poor mental health outcomes. It is imperative to address these problems and give kids the resources and assistance they require to recover from abuse and neglect. In order to address the underlying causes of abuse and neglect and assist the social and emotional development of children who have endured these traumatic events, policymakers and practitioners must give priority to preventative and intervention activities.

1.5 Attachment Styles

According to Bowlby (1969), attachment styles are the patterns of attachment behaviors that people exhibit in response to their caregivers when they are young and determine their subsequent attachment-related behavior and feelings. Secure attachment, anxious-ambivalent attachment, and avoidant attachment are the three basic attachment styles recognized by psychologists. People with a secure attachment style are those who are at ease with closeness and emotional openness as well as have a positive outlook on both themselves and others (Hazan and Shaver, 1987). These people grew up with responsive, caring caregivers who showed them unwavering affection and support. Because of this, people frequently have happy and fulfilling relationships and are more likely to turn to others for help when they are under stress (Mikulincer and Shaver, 2016). An anxious-ambivalent attachment style is characterized by people who are unduly reliant on other people for emotional validation and stability and who have conflicting views of themselves and other people (Hazan and Shaver, 1987). Throughout their childhood, these people experienced both affection and rejection from uneven, erratic caregivers. They consequently frequently cling to their partners for emotional validation and support and feel significant levels of worry and insecurity in their relationships (Mikulincer and Shaver, 2016). According to Hazan and Shaver (1987), people with an avoidant attachment style are uncomfortable with closeness and emotional vulnerability and have a favorable perspective of themselves but a negative view of others. These people grew up with caregivers who were emotionally unavailable, distant, and unresponsive. They frequently shy away from intimacy and emotional connection with others as a result, making it difficult for them to establish and maintain close relationships (Mikulincer and Shaver, 2016). It is crucial to remember that attachment styles are flexible and that people can create new attachment patterns as they go through life and encounter different relationships and experiences (Mikulincer and Shaver, 2016). Additionally, different people may display different attachment behaviors with other people, depending on the connection in question and the context (Bowlby, 1969).

According to numerous studies, the development of insecure attachment patterns is at risk for kids who grow up in abusive or neglectful environments. According to attachment theory, a child's capacity to have healthy relationships later in life is significantly influenced by the nature of parent-child interaction throughout early childhood. Parenting that is abusive or neglectful might prevent children from developing secure attachments and result in insecure attachment styles (Bowlby, 1969). Lack of emotional responsiveness, support, and direction from caregivers are characteristics of negligent parenting. An avoidant attachment style, which is characterized by a propensity to avoid seeking comfort from others and to repress one own emotion, can emerge in children reared in neglectful homes (Ainsworth 1978). An ambivalent attachment style marked by worry and skepticism regarding the availability of support from caregivers can result from neglectful parenting as well (Main and Solomon, 1986). Attachment types can also be significantly impacted by abusive parenting, which includes physical, sexual, and emotional abuse. A disorganized attachment style, which is characterized by a lack of regular coping mechanisms for stress and a propensity to exhibit conflicting behaviors in response to caregivers, may emerge in children who endure abusive parenting (Main and Hesse, 1990). An anxious-preoccupied attachment style marked by a persistent demand for approval and attention from others can result from abusive parenting as well (Bartholomew and Horowitz, 1991). In a nutshell, neglectful and abusive households can have an impact on attachment types for a lifetime. The development of insecure attachment

styles in children reared in these circumstances may put them at risk for eventual difficulties in forming healthy relationships.

A rising amount of research in India has emphasized the need to comprehend how early life events with abusive or neglectful parents can alter attachment types. Children who experienced neglect or abuse in their early years were more likely to develop insecure attachment patterns, such as avoidant or anxious attachment, according to research by Venugopal and colleagues (2014). This is in line with international studies that have revealed that children who experience abuse or neglect frequently find it difficult to develop secure attachments with caregivers. Devi and colleagues (2016) discovered in another study that children who experienced neglect or abuse were more likely to develop disorganized attachment styles, which are characterized by an absence of reliable behavioral patterns and issues with emotion regulation. This could make it more difficult for people to establish healthy relationships as adults and raise their risk of developing mental health conditions like anxiety and sadness. It is significant to remember that attachment types in India may also be influenced by cultural considerations. For instance, a study by Panda and colleagues (2017) discovered that strong relationships with extended family members, such as grandparents or aunts and uncles, increased an Indian child's likelihood of displaying stable attachment types. This emphasizes how crucial it is to take cultural context into account when examining attachment types. In conclusion, neglectful and violent households can have serious detrimental effects on Indian children's attachment styles, which may make it more difficult to build good relationships and raise the likelihood of mental health problems. In order to create efficient interventions and support for kids who have experienced neglect or abuse, it is crucial to keep researching the unique cultural and socioeconomic elements that might contribute to these results. In summary, attachment theory offers a framework for comprehending how parental abuse can affect a child's attachment type and subsequent development. The possible long-term effects of insecure attachment styles brought on by abuse are also highlighted, along with the crucial role that consistent and responsive care plays in developing secure attachment relationships.

1.6 Prevalence

Unfortunately, abuse and neglect in homes are widespread problems in many nations. Here are some figures illustrating how frequent abuse and neglect are. In 2019, there were 4,05,861 reported cases of crimes against women, including rape, domestic abuse, and sexual harassment, according to the National Crime Records Bureau of India. In addition, research by the Ministry of Women and Child Development revealed that 53.2% of Indian children had been subjected to sexual abuse of some kind. According to the National Domestic Violence Hotline, an intimate partner in the United States raped, physically assaulted, or stalked 24 people on average every minute. Additionally, according to the Centres for Disease Control and Prevention (CDC), 1 in 7 US children have been victims of child abuse or neglect in the previous year. According to a survey by the NSPCC, 1 in 5 children in the UK are thought to have witnessed domestic abuse, and 1 in 8 are thought to have personally experienced physical, emotional, or sexual abuse. In Australia, there were 170,200 allegations of child abuse and neglect in the years 2018–19, according to the Australian Institute of Health and Welfare. Of these reports, emotional abuse accounted for 67%, physical abuse 20%, and sexual abuse 12%.

1.7 Policies

The laws and methods for investigating and intervening in cases of abuse or neglect vary by country, but they often include legislation requiring the reporting of suspected abuse or neglect. Here are some examples of laws from various nations: United States: A federal statute known as the Child Abuse Prevention and Treatment Act (CAPTA) gives states money to help prevent, look into, and treat child abuse and neglect. States are required to have protocols for reporting suspicions of abuse or neglect as well as a mechanism for looking into and addressing such incidents. Additionally, each state has a child protective services organization that is in charge of implementing these regulations. United Kingdom: A law known as the Children Act of 1989 outlines the duties of state and municipal governments, courts, and other organizations in regard to safeguarding children from maltreatment and neglect. It mandates that local authorities look into allegations of abuse or neglect and, if required, take measures to protect children. The law also specifies the conditions under which kids may be taken from their families and given to foster parents or other types of care. In Canada, child protection services

are governed by the Child and Family Services Act. It mandates that child protection authorities look into allegations of abuse or neglect and, if required, take action to protect children. The law also specifies the conditions under which kids may be taken from their families and given to foster parents or other types of care. In India, the Juvenile Justice Act (JJ Act), 2015 largely governs regulations concerning abusive or negligent households. To safeguard the safety and well-being of children who require care and protection, the JJ Act establishes Child Welfare Committees (CWCs) in each district of the nation. CWCs have the authority to take a variety of actions, such as removing the child from an abusive or negligent environment and relocating them to a safe location. Child Care Institutions (CCIs) must be established in accordance with the Act in order to care for and rehabilitate children who have been subjected to abuse, neglect, or exploitation. Another significant organization that strives to protect children in India is the National Commission for Protection of Child Rights (NCPCR). In accordance with the Commission for Protection of Child Rights Act of 2005, the NCPCR was established in 2007. The JJ Act and other legislation pertaining to the protection of children are subject to oversight by the NCPCR. Additionally, the commission has established a free helpline number (1098) where people can report incidents of child abuse or neglect. The protection of children in India is covered by a number of different laws and regulations in addition to the JJ Act and the NCPCR. These include, among others, the Integrated Child Protection Scheme (ICPS), the Right to Education Act, and the Protection of Children from Sexual Offenses Act (POCSO), both of which were passed in 2012.

1.8 Rationale

Children's reactions to abusive or negligent households are a prominent topic of research in psychology and other related disciplines. According to research, being exposed to neglect, abuse, or violence as a youngster can have long-lasting harmful effects on a child's cognitive, social, and emotional development. To better comprehend the mechanisms underlying these detrimental impacts, it is crucial to investigate the effects of abusive or neglectful households. For instance, scientists have discovered that exposure to neglect or abuse can affect a child's brain development, particularly in regions that are involved in emotion regulation and the stress response (Teicher and Samson, 2016). Children's capacity to manage stress and control their emotions may be negatively impacted for a long time as a result, which may have an adverse influence on their mental health and general well-being. It is critical to understand the effects of abusive or neglectful homes in order to develop trauma-informed interventions and support systems for children. Professionals can create specialized therapies that address these concerns and encourage healing and resilience by understanding the unique needs and difficulties faced by children who have experienced neglect or abuse (Cohen and Mannarino, 2018). Studying the impacts of abusive or neglectful homes can also help spread awareness of the prevalence and implications of these events for kids. As a result, there may be more support and resources available for families and kids who have experienced neglect or abuse, as well as more financing and attention are given to initiatives for early detection and intervention (Leeb, Lewis, and Zolotor, 2011). In conclusion, research into neglectful or abusive households is crucial to better understanding the effects on kids#39; cognitive, social, and emotional growth, finding the best therapies, and spreading awareness of how common and damaging these experiences are for kids.

It is important to research the effects of abusive or negligent households in India for a number of reasons. First off, according to estimates, up to 40% of Indian children experience some kind of abuse or neglect while they are young. However, due to societal stigma and cultural expectations, this number is likely underreported (UNICEF, 2021). The physical, emotional, and cognitive development of the kid can be significantly impacted by such events, and they may even result in long-term mental health issues (Kaur, 2018). In order to grasp the scope of the issue and develop measures to lessen its impacts, policymakers and stakeholders might benefit from research on the effects of neglect and abuse on children in India. A second finding from the research is that children who experience neglect or abuse are more likely to engage in risky activities like drug misuse, misbehavior, and early sexual engagement. Such actions may have detrimental effects on both the individual and society at large. Policymakers can create targeted initiatives to stop or lessen these effects by studying the relationship between early experiences and those results. Thirdly, the intergenerational impacts of neglect and abuse can be shown, with children who have been exposed to such trauma being more likely to continue it in

their own homes (Hindin 2018). This cycle of violence that is brought on by abuse can damage multiple generations of families. Policymakers can create interventions to break the cycle and stop more suffering by studying the elements that lead to abuse recurrence. It is critical for policymakers and other stakeholders to understand the effects of abusive or neglectful homes in India in order to develop targeted interventions and stop abuse from being passed down through the generations.

1.9 Relatedness Of All The Variables

According to research, children who grow up in negligent or abusive households might have detrimental consequences on their self-esteem, social connectivity, and attachment styles. Self-esteem refers to a person's total assessment of their self-worth and self-image. Neglectful and abusive households might contribute to children's low self-esteem. Trickett, Negriff, Ji, and Peckins (2011) discovered that children who experienced neglect or maltreatment had lower self-esteem than those who did not. Previous research has reflected the correlation between low self-esteem, low social connectedness, and attachment styles. A study by Wilson and colleagues (2016) examined the relationship between self-esteem and social connectedness in adults who had experienced childhood abuse. The study found that those with higher levels of self-esteem reported greater social connectedness, while those with lower levels of self-esteem reported lower social connectedness. Similarly, a study by Tan and colleagues (2017) found that individuals who experienced neglect in childhood had lower levels of self-esteem and social connectedness as adults. The study suggests that the experience of neglect can lead to a sense of social disconnection and a lack of trust in others. Studies have found that childhood maltreatment can lead to a range of negative outcomes, including poor mental health, decreased social functioning, and lower levels of self-esteem (Maniglio, 2017). One study examined the relationship between childhood abuse, self-esteem, and social connectedness in a sample of young adults (aged 18-30). The study found that individuals who had experienced childhood abuse had lower levels of self-esteem and social connectedness compared to those who had not experienced abuse (Leach et al., 2008). Another study examined the impact of childhood neglect on self-esteem and social support in a sample of adults (aged 20-50). The study found that individuals who had experienced childhood neglect had lower levels of self-esteem and social support compared to those who had not experienced neglect (Kim & Cicchetti, 2010). Research has also found that low self-esteem and poor social connectedness can be long-lasting effects of childhood maltreatment. A study of adults who had experienced childhood abuse found that they had lower levels of self-esteem and social connectedness even decades after the abuse had ended (Whiffen & MacIntosh, 2005).

The study also discovered that children who had undergone emotional maltreatment had the lowest self-esteem. According to the writers, emotional abuse can be detrimental to a child's sense of self. Social connectedness refers to a person's sense of belonging and connection to others. Neglectful and abusive households can have a significant impact on a child's sense of social belonging. According to Oshri, Rogosch, and Cicchetti (2013), children who experienced neglect or abuse had a harder time building intimate relationships with their peers than those who did not. According to the writers, neglect, and abuse can harm a child's ability to trust and build solid ties with others. Attachment style is a person's typical manner of relating to others in close relationships. Neglectful and abusive households might contribute to children's unstable attachment styles. Carlson, Egeland, and Sroufe (2009) discovered that children who suffered neglect or abuse were more likely than those who did not to develop insecure attachment styles. The study also discovered that children who were abused or neglected by their primary caregiver were more likely to have disorganized attachment styles, which are linked to more social and emotional issues later in life. Finally, research has shown that neglectful and abusive households can harm a child's self-esteem, social connectivity, and attachment styles. It is critical that parents, caregivers, and professionals are aware of these potential repercussions and seek to prevent and remedy child neglect and abuse.

LITERATURE REVIEW

Neglectful and abusive homes are a significant public health concern. Children who experience neglect and abuse have increased risks of long-term mental and physical health problems. Neglect is the most common form of child maltreatment, accounting for approximately 75% of reported cases (Krug et al., 2002). Neglected children may experience physical and emotional consequences, such as developmental delays, malnutrition, and depression (Dubowitz, 1999). Children who experience physical abuse may have physical injuries, such as bruises, broken bones, or burns, as well as emotional and psychological consequences, such as anxiety and depression (Widom, 1989). Children who experience sexual abuse may have physical symptoms, such as pain or bleeding, as well as emotional and psychological consequences, such as post-traumatic stress disorder and depression (Finkelhor, 1994). Children who experience psychological abuse may have emotional and psychological consequences, such as anxiety and depression (Veltman & Browne, 2001). Research has demonstrated that children who grow up in neglectful or abusive homes can experience negative effects on their self-esteem, social connectedness, and attachment styles. According to a study by Misra and Gupta (2018), neglectful parenting was found to be significantly associated with lower self-esteem levels in adolescents in India. Research has demonstrated that children who grow up in neglectful or abusive homes can experience negative effects on their self-esteem, social connectedness, and attachment styles. According to a study by Misra and Gupta (2018), neglectful parenting was found to be significantly associated with lower self-esteem levels in adolescents in India. One study conducted in India found that children who had experienced abuse or neglect were less likely to have positive relationships with peers and adults, and were more likely to experience social isolation (Srivastava, 2015). This can lead to further negative outcomes, including mental health issues such as anxiety and depression, which can further impair social functioning (Srivastava, 2015).

Studies have shown that individuals who experienced childhood abuse or neglect are more likely to have lower self-esteem and feelings of worthlessness (Hodgson et al., 2013; Shonkoff et al., 2012). One reason for this is that children who are abused or neglected may internalize the negative messages they receive from their caregivers, leading to a negative self-image and low self-esteem (Cicchetti & Toth, 2005). Additionally, children who experience abuse or neglect may not receive the emotional support and validation they need to develop a positive sense of self (Shonkoff et al., 2012). Hagan (2018) conducted research where results indicated that childhood neglect was correlated with greater depression and childhood physical abuse was correlated with lower self-esteem. A study conducted by Ghosh and Sharma (2015) on 100 child abuse survivors in Delhi, India, found that a history of abuse had a significant negative impact on self-esteem. The survivors reported lower levels of self-esteem compared to non-abused children. Journal of Traumatic Stress found that individuals who had experienced childhood abuse had significantly lower self-esteem scores than those who had not experienced abuse (Wilson & Scarpa, 2011). Similarly, a study published in the Journal of Interpersonal Violence found that women who had experienced childhood physical and sexual abuse had lower self-esteem scores than those who had not experienced abuse (Whiffen & MacIntosh, 2005). Journal of Child Psychology and Psychiatry found that children who experienced neglect had lower levels of self-esteem and were more likely to experience depression and anxiety than children who did not experience neglect (Hildyard & Wolfe, 2002). A study published in the Journal of Adolescence found that adolescents who experienced emotional abuse and neglect had lower levels of self-esteem than those who did not experience emotional abuse or neglect (Jung & Lee, 2018). A longitudinal study published in Child Abuse & Neglect found that children who experienced physical and emotional abuse and neglect had lower levels of self-esteem and more depressive symptoms as young adults than children who did not experience maltreatment (Van der Kolk, Pelcovitz, Roth, Mandel, McFarlane, & Herman, 1996). The negative impact of abuse and neglect on self-esteem can be particularly severe when the abuse is ongoing and repeated. A study published in the Journal of Child Psychology and Psychiatry found that children who experienced chronic maltreatment had lower levels of self-esteem and more negative beliefs about themselves than children who experienced isolated incidents of maltreatment (Manly, Kim, Rogosch, & Cicchetti, 2001). Another study by Kumari and Sharma (2018) on 80 children in the age range of 8-12 years in Delhi, India, found that children who experienced abuse had lower

levels of self-esteem than their non-abused counterparts. The study also found that children who were emotionally abused had lower self-esteem than those who experienced physical abuse.A study published in the Journal of Child Abuse & Neglect found that children who experienced emotional abuse had lower levels of self-esteem than children who did not experience emotional abuse (Shin, 2016). Another study published in Child Abuse & Neglect found that individuals who experienced childhood maltreatment, including physical and sexual abuse and neglect, had lower self-esteem and were more likely to have depression and anxiety as adults (Euser, Alink, Stoltenborgh, Bakermans-Kranenburg, & Van IJzendoorn, 2015). There is a growing body of research on the effects of abuse and neglect on self-esteem in India. While there are variations in the types of abuse and neglect and their impact on self-esteem, the majority of studies suggest that there is a negative correlation between the two. One study conducted by Yadav and Singh (2016) found that emotional abuse was the most common form of abuse experienced by Indian adolescents and that it had a significant negative impact on their self-esteem. Another study by Sharma and Sharma (2018) found that physical abuse was the most common form of abuse among Indian women and that it was significantly associated with lower self-esteem. Neglect has also been shown to have a negative impact on self-esteem. In a study conducted by Sarin and Singh (2016), Indian children who had experienced neglect had significantly lower self-esteem than those who had not experienced neglect. The impact of abuse and neglect on self-esteem may also be influenced by cultural factors. A study by Jadhav and colleagues (2018) found that Indian women who experienced intimate partner violence had lower self-esteem than those who did not, but that the impact of the abuse on self-esteem was mediated by cultural factors such as social norms and gender roles. Research has demonstrated that experiencing abuse or neglect during childhood can have long-lasting and significant effects on an individual's mental health, including their self-esteem. In India, a country where child maltreatment is unfortunately prevalent, there have been several studies exploring this topic. A study conducted by Trivedi and Sathyanarayana in 2013 explored the relationship between childhood abuse and self-esteem among 100 adolescent girls from urban slums in Bangalore, India. The study found that girls who reported experiencing abuse had significantly lower self-esteem scores compared to those who did not report abuse. The authors suggest that interventions to improve self-esteem among abused girls may be necessary. Another study by Kumar and Kumar in 2017 examined the impact of childhood neglect on self-esteem among 200 college students in Delhi, India. The results showed that individuals who reported experiencing neglect had significantly lower self-esteem scores compared to those who did not report neglect. The authors suggest that interventions to improve self-esteem should be included in programs aimed at reducing neglect in India. A third study by Soman and George in 2019 explored the impact of childhood abuse on self-esteem among 100 female undergraduate students in Kerala, India. The study found that individuals who reported experiencing abuse had significantly lower self-esteem scores compared to those who did not report abuse. The authors suggest that interventions to improve self-esteem may be necessary to address the negative effects of abuse on mental health.Children who grow up in abusive or neglectful homes may internalize the negative messages they receive from their parents or caregivers, leading them to believe that they are not worthy or deserving of love and respect. This can result in feelings of shame, guilt, and worthlessness, which can persist into adulthood (Lee et al., 2014). Moreover, the social and cultural norms in India, which prioritize obedience and respect for elders, can further exacerbate the effects of abusive or neglectful homes on a child's self-esteem. Children who are abused or neglected may feel that they are at fault and may blame themselves for their experiences, leading to a further decrease in their self-worth (Joshi & Srivastava, 2014). While the effects of childhood trauma can be long-lasting, resilience factors can help individuals overcome these challenges and develop a positive sense of self. Overall, abuse and neglect have a negative impact on self-esteem in India, with emotional abuse and physical abuse being the most commonly reported forms of abuse. The impact of neglect on self-esteem is also significant. Further research is needed to better understand the specific cultural factors that may mediate the impact of abuse and neglect on self-esteem in India.

Children who experience neglect or abuse are more likely to develop attachment issues, which can lead to difficulties in forming healthy relationships in adulthood (Levy, 2017). Children who experience neglect or abuse may have difficulty regulating their emotions, which can make it challenging for them to communicate effectively and form meaningful connections with others (Sroufe et al., 2015). Neglect and abuse can cause children to feel unsafe and distrustful of others, making it challenging for them to form healthy relationships with peers and adults (Felitti et al., 1998). They may also struggle with low self-esteem and self-worth, which can further contribute to social isolation and difficulty in connecting with others (Perry, 2017). Research conducted by Widom (1989) found that children who experienced physical abuse or neglect were more likely to have difficulty forming positive relationships with others later in life, leading to an increased risk of social isolation and loneliness. Similarly, a study by Kim and Cicchetti (2010) found that children who experienced emotional abuse and neglect had lower levels of social competence, which is the ability to effectively interact with others and form positive relationships.Furthermore, studies have also shown that individuals who experienced neglectful or abusive homes are more likely to struggle with mental health issues, such as anxiety and depression, which can also negatively impact their social connectedness. For example, a study by Lieb et al. (2000) found that individuals who experienced childhood maltreatment were more likely to have social phobia and avoidant personality disorder. Alison and Sophie (2010) stated in their research that the experience of childhood maltreatment is more strongly associated with couple interpersonal difficulties for males than for females. For females, emotional neglect is more consistently related to a couple of interpersonal problems, including problems with being nonassertive, distant, and self-sacrificing. For males, physical abuse is significantly associated with the likelihood of being domineering, distant, and self-sacrificing. Neglect and abuse can have long-term effects on the brain and body, which can affect social connectedness. For example, chronic stress associated with neglect and abuse can lead to changes in the brain's stress response systems, which can make it more difficult for individuals to form and maintain relationships (McEwen, 2012). Young et al, (2014) presented a study on childhood trauma and adult interpersonal relationship problems. The results indicated that emotional abuse, emotional neglect, and sexual abuse during childhood were significantly associated with general interpersonal distress and several specific areas of interpersonal problems in adulthood. Research conducted by Vijayakumar et al. (2016) found that children who experienced abuse or neglect were more likely to report feeling isolated and disconnected from their peers and communities. This may be due in part to the fact that these children are often stigmatized and ostracized by others as a result of their experiences (Vijayakumar et al., 2016). Furthermore, a study by Ray and Rajagopal (2018) found that children who had experienced abuse or neglect were more likely to have difficulty forming and maintaining relationships as adults. This difficulty with social connectedness was particularly pronounced in individuals who had experienced emotional abuse or neglect. En-Ting Hsu (2016) presented a study on child sexual abuse, interpersonal difficulties, and staying in relationships with intimate partner violence: a preliminary study and found that childhood Abuse can lead to some interpersonal difficulties. Elisabet Kvarnstrom, (2018) states in her research that the trauma of childhood abuse can have long-term effects that continue to shape your sense of self and the world around you in adulthood. Often, one of the most tragic consequences of such trauma is its impact on your interpersonal relationships; by disrupting healthy development in your formative years, childhood abuse can deeply compromise your ability to form and maintain the healthy bonds that nurture us throughout our lives. Majali and Alsrehan (2019) conducted research on the impact of family violence on the social and psychological development of the child. The results concluded that domestic violence harms the social and psychological development of the child. The violence, experienced in childhood, has a direct impact. It can also lead to long-term consequences, often affecting the whole life. It can contribute to the formation of specific family relationships, and unique life scenarios. A study by Kacker et al. (2007) on child abuse in India found that children who experienced abuse had poor social skills and were less likely to develop positive relationships with others. The study also found that abused children were more likely to be socially isolated and withdrawn. Similarly, a study by Mahapatra and Sahu (2019) on 50 adolescent girls in Bhubaneswar, India, found that those who experienced emotional abuse had lower levels of social support and were more socially isolated than non-abused adolescents. According to a study by Babu and Karunanidhi (2015), children who

have experienced abuse or neglect are more likely to have poor social skills and lower levels of social connectedness. The study further suggests that children who have been abused or neglected may develop a fear of social interaction, which can lead to social isolation and feelings of loneliness. In a similar study by Singh and colleagues (2018), it was found that individuals who have experienced abuse or neglect in childhood are more likely to experience difficulties in forming and maintaining social relationships in adulthood. The study suggests that the effects of abuse and neglect on social connectedness can be long-lasting and can continue into adulthood. In another study, Agarwal and colleagues (2019) examined the relationship between childhood abuse and social support among adults in India. The study found that individuals who had experienced childhood abuse had lower levels of perceived social support, which in turn led to poorer mental health outcomes. The study further suggests that interventions aimed at increasing social support can have a positive impact on the mental health outcomes of individuals who have experienced childhood abuse. Furthermore, a study by Ram and colleagues (2020) explored the impact of neglect on the social connectedness of older adults in India. The study found that neglect can lead to social isolation, and older adults who experience neglect are more likely to have lower levels of social connectedness. The study highlights the importance of addressing neglect in older adults to improve their social connectedness and overall well-being. the literature suggests that abuse and neglect can have a significant impact on social connectedness in India. Children who experience abuse or neglect may have poor social skills and fear social interaction, leading to social isolation and loneliness. Adults who experience abuse or neglect in childhood may struggle with forming and maintaining social relationships in adulthood, leading to poor mental health outcomes. Neglect can also lead to social isolation among older adults, highlighting the importance of addressing neglect to improve their social connectedness and well-being. Interventions aimed at increasing social support can have a positive impact on individuals who have experienced abuse or neglect.

Children raised in neglectful or abusive homes are at risk for developing insecure attachment styles. Attachment theory posits that the quality of the parent-child relationship during early childhood has a significant impact on the child's ability to form healthy relationships later in life. Neglectful or abusive parenting can disrupt the formation of secure attachments and lead to insecure attachment styles (Bowlby, 1969).Research has shown that children who experience neglectful or abusive homes are at risk of developing insecure attachment styles (Grossmann, Grossmann, & Waters, 2005). Attachment styles refer to the patterns of emotional and behavioral responses that individuals develop in close relationships, based on their early experiences with caregivers (Bowlby, 1969). Children who experience neglectful or abusive homes often have inconsistent and unpredictable experiences with their caregivers, which can lead to insecure attachment styles. For example, children who experience neglect may develop an avoidant attachment style, in which they learn to avoid seeking comfort from others because their caregivers havebeen unresponsive or unavailable (Cicchetti & Toth, 2016). On the other hand, children who experience abuse may develop an anxious or ambivalent attachment style, in which they are overly dependent on their caregivers and fear separation because of their caregivers' unpredictable behavior (Cassidy & Shaver, 2016). Research has also found that children who experience neglect or abuse may develop disorganized attachment styles, which are characterized by both avoidant and anxious behaviors (Main & Solomon, 1990). Disorganized attachment is thought to arise when children experience abuse or neglect that is both frightening and from which they cannot escape. These experiences may lead children to simultaneously seek comfort from and fear their caregivers (van IJzendoorn & Bakermans-Kranenburg, 2019).

Atilgan (2016) presented a study on the link between types of attachment and childhood trauma.One study found that children who experienced physical abuse were more likely to develop an anxious attachment style, while children who experienced emotional abuse were more likely to develop an avoidant attachment style (Riggs, 2010). Another study found that children who experienced neglect were more likely to develop disorganized attachment (Fearon et al., 2010). It was found that the physical, emotional, and sexual abuse, and physical and emotional neglect subdimensions of childhood trauma were positively related to fearful, preoccupied, and dismissing attachment styles; whereas these same variables were negatively related to the

secure attachment style. Widom, Czaja, Kazakowski, and Chauhan (2017) conducted research with 650 adults. They were specifically interested in determining whether the type of maltreatment (abuse versus neglect) is associated with future attachment styles. In reviewing the literature on maltreatment, attachment, and health outcomes, they note that prior research has suggested that family environment predicts adult attachment style and that children from abusive homes are more likely to have insecure attachments. Hagan (2018) conducted research where results indicated that childhood neglect was correlated with greater depression, childhood physical abuse was correlated with lower self-esteem, and physical abuse predicted an anxious attachment style. Anxious and avoidant attachment style predicted depression, anxiety, and lower self-esteem. Childhood neglect predicted anxious and avoidant attachment styles and negative health indicators. Childhood physical abuse predicted anxious attachment, but not avoidant attachment or negative health indicators. Adult anxious attachment style predicted negative health indicators. Childhood neglect predicted negative health indicators but was not clearly mediated by attachment style. Models of the relationship between neglect and abuse and adult outcomes (path analyses) are included at the end of this post for interested readers. Boyu (2020) presented a study to understand the impact of exposure to domestic violence on children's attachment relationships. The results indicated due to the stressed condition victims face after being abused, they are typically not capable of responding to their children's needs sensitively, which in turn leads to children developing insecure attachment patterns. Research by Venugopal and colleagues (2014) found that children who experienced neglect or abuse in early childhood were more likely to develop insecure attachment styles, such as avoidant or anxious attachment. This is consistent with research conducted in other countries, which has shown that children who experience neglect or abuse often struggle to form healthy attachment relationships with caregivers. Another study by Devi and colleagues (2016) found that children who experienced neglect or abuse were more likely to develop disorganized attachment styles, which are characterized by a lack of consistent behavioral patterns and difficulty regulating emotions. This may lead to difficulties in forming healthy relationships in adulthood and may increase the risk of mental health issues such as anxiety and depression. It is important to note that cultural factors may also play a role in shaping attachment styles in India. A study by Sharma and Sharma (2016) on 100 abused and non-abused children in Delhi, India, found that abused children were more likely to have insecure attachment styles than non-abused children. The study also found that children who experienced emotional abuse were more likely to have insecure attachment styles than those who experienced physical abuse. Another study by Dutta et al. (2016) on 100 children in Kolkata, India, found that children who experienced abuse had more disorganized attachment styles compared to non-abused children. Research on the effect of abuse and neglect on attachment styles in India is limited, and the available studies focus primarily on children and adolescents. However, the existing literature suggests that childhood maltreatment can have a significant impact on attachment styles in Indian children and adolescents. One study conducted by Sarkar and colleagues (2018) examined the relationship between childhood maltreatment and attachment styles among adolescents in India. The study found that adolescents who experienced physical and emotional abuse had significantly lower levels of secure attachment and higher levels of insecure attachment, including anxious and avoidant attachment styles. Similarly, a study by Sharma and Srivastava (2017) explored the impact of childhood neglect on attachment styles among Indian adolescents. The study found that adolescents who experienced neglect had significantly higher levels of insecure attachment, including anxious and avoidant attachment styles. Another study conducted by Venkatesh and colleagues (2020) examined the relationship between childhood maltreatment and attachment styles among adult women in India. The study found that women who experienced childhood maltreatment had higher levels of anxious and avoidant attachment styles, as well as disorganized attachment styles. Erwin et al. (2007) conducted research on the relationship between experienced maternal abuse and the development of an insecure attachment style. Data was collected via self-report questionnaires on a large, urban college campus. The results did support a significant correlation between maternal abuse and the development of an insecure-dismissive attachment style. Childhood abuse and neglect can have a significant impact on attachment styles in Indian children, adolescents, and adults. However, more research is needed to fully understand the complex relationship between childhood maltreatment and attachment styles in India, as well as to identify effective interventions for addressing these issues. Risk factors for neglect and abuse include poverty, substance abuse, mental illness, and social isolation

(Cicchetti & Toth, 1995). Children who are exposed to domestic violence are also at increased risk of experiencing neglect and abuse (Fantuzzo & Fusco, 2007). Early identification and intervention are crucial for preventing long-term consequences for children who experience neglect and abuse. Public awareness campaigns and education for parents and caregivers on healthy child-rearing practices can also help prevent neglect and abuse (World Health Organization, 2016). In conclusion, neglect and abuse are significant public health concerns with serious consequences for children. Understanding the various forms of neglect and abuse and the risk factors associated with these experiences can help in identifying and preventing them. Early intervention and prevention efforts can have a significant impact on the long-term health and well-being of children who have experienced neglect and abuse.

METHODOLOGY

2.1 Aim
To explore the effect of neglectful or abusive home environment on the self-esteem, social connectedness, and attachment styles of an individual

2.2 Objectives
- To assess how abusive/neglected households affect the self-esteem of an individual.
- To assess how abusive/neglected families affect the social connectedness of an individual.
- To assess how abusive/neglected households affect the attachment styles of an individual.
- To assess the correlation between self-esteem, social connectedness, and the attachment style of people who belong to abusive or neglectful home environments.

2.3 Hypotheses
- There will be a relationship between neglectful/ abusive homes on an individual's self-esteem
- There will be a relationship between neglectful/ abusive homes on an individual's insecure attachment style
- There will be a relationship between neglectful/ abusive homes on an individual's social connectedness
- There will be a relationship between self-esteem and social connectedness of people who belong to abusive or neglectful home environments
- There will be a relationship between self-esteem and the insecure attachment style of people who belong to abusive or neglectful home environments
- There will be a relationship between social connectedness and insecure/anxious people who belong to abusive or neglectful home environments

2.4 Sample Size
100 people from an abusive or neglectful Indian family make up the sample. Despite having a very small sample size of 100, it can nonetheless offer insightful data.

2.5 Research Design
A structure of research methodologies known as a "research design" incorporates all study components in a cogent and logical way to meet the research topic. It acts as a guide for gathering, measuring, and analyzing data. An empirical research design was employed in this study to examine the hypotheses. To determine research gaps, a literature review was done. Data from those who have experienced abuse or neglect in their homes were carefully collected using the purposeful snowball sampling technique. When researching difficult-to-reach populations or those with delicate traits, such as people who have been abused or neglected in their homes, this sampling technique is frequently used. The data was gathered quantitatively, manually scored, and then processed through advanced statistical techniques in SPSS 26.

3.6 Description of the sample

The sample is made up of Indian citizens between the ages of 18 and 30 who have experienced abuse or neglect at the hands of their families. These people have been the victims of one or both of their parents or guardians#39; physical, emotional, sexual, or psychological abuse or neglect. The purposeful snowball sampling technique, which involves choosing initial participants who meet particular criteria and then asking them to recommend other possible participants, was used to choose these people. The people in this sample who have been the victims of such abuse or neglect range in age, gender, and socioeconomic status. They could originate from different parts of India and have varying levels of education. The participants in this sample were chosen from a variety of locations, including diverse communities, parks, nearby societies, colleges, shelters for domestic violence survivors, counseling facilities, hospitals, and neighborhood groups that support abuse or neglect victims. The sample may also have been gathered through advocacy groups or online support groups that promote awareness of domestic violence and child abuse in India. People under the age of 18 or older than 30 as well as foreign nationals are prohibited.

3.7 Procedure of data collection

The methodology that was employed to gather the data for this study required a number of procedures. First, the researcher visited with each respondent privately after being referred to them and gave an explanation of the study topic and goals. The respondent was informed of the study's ethical standards and confidentiality requirements, and the researcher addressed any queries or worries they may have had. With the respondent's permission, a specified day and time were set aside to complete the surveys. After giving verbal assent, the participant either completed the surveys independently or requested that the researcher explain each item statement and record their response.

3.8 Description of tools

● Adult Attachment Scale (AAS; Collins, 1996)

Collins (1996) created the Adult Attachment Scale, Revised (AAS). A 5-point Likert-type scale was used to grade this scale of 18 items. It is predicated on the idea that adult attachment patterns resemble those seen in childhood (Ripardo Teixeira 2019). There are two components to it. The subject is given the original three prototype descriptions, known as "Secure, Anxious, and Avoidant", in the first section. These descriptions represent how the subject feels about comfort, proximity, and intimacy in relationships. The 7- point Likert grading system is used in the first section, going from "strongly disagree" to "strongly agree." One of the three descriptions given in the first part is used to decide the attachment style in the second section. A score of 1 indicates avoidant attachment, a score of 2 indicates uneasy attachment (ambivalent attachment), and a score of 3 indicates secure attachment. The scoring system is categorical. Cronbach alpha coefficients of 0.72 for anxiety, 0.75 for dependence, and 0.69 for closeness were used to report internal consistency and reliability (Collins, 1996). According to Ripardo Teixeira et al. (2019), there is a mild association between dependence and anxiety ($r = -0.24$), a moderate correlation between dependence and anxiety ($r = 0.38$), and no correlation between dependence and anxiety ($r = -0.08$).

● Rosenberg self-esteem scale Rosenberg, M. (1965)

Theodore Rosenberg created Rosenberg's self-esteem scale. The 10-item RSE scale is used to assess self-esteem. The instrument was initially created to gauge high school students; self-esteem. However, since its creation, the scale has been applied to a wide range of populations, including adults, for which norms are available. Scoring: Scoring can be a little challenging because the RSE is a Guttman scale. Combining ratings is the approach used for scoring. Responses from people with low self-esteem are "strongly disagree" or "disagree" on things 1, 3, 4, 7, and 10, and "agree" or "strongly agree" on items 2, 5, 6, and 8. Items 3, 7, and 9 are scored as one item if two or three of the three correct answers are provided. things 1, 8, and 10 are scored as individual things, and combined correct replies (one or two out of two) to items 2 and 6 are considered to be a single item for items 4 and 5. Items 1, 8, and 10 are scored as individual items. After reversing the scores for the items with negatively phrased items, the scale can alternatively be scored by adding up each item by four

points. The RSE exhibits great internal consistency, as indicated by its Guttman scale coefficient of reproducibility of.92. Over a period of two weeks, test-retest reliability revealed correlations of.85 and.88, showing outstanding stability. Validity: uses well-known groups to demonstrate concurrent, predictive, and construct validity. The Coopersmith Self-Esteem Inventory and the RSE exhibit strong correlations with one another. The RSE also has a predicted correlation with measures of anxiety and depression.

● Social Connectedness Scale-Revised (SCS-R) (Dr. Richard M Lee. , 2001)
The degree to which people feel linked to others in their immediate social environment is measured using this 20-item scale. The scale goes from 1 for strongly disagreeing to 6 for strongly agreeing on Likert scale. The scale is a tool for self-reporting. The SCS-R has all 20 original items (10 positive and 10 negative), as determined by the factor analysis. The items with negative wording are reverse scored, added to the items with positive wording, and given a scale score that can range from 20 to 120. The entire scale score can alternatively be divided by 20 (or the number of scale items), yielding an item means score with a possible range of 1 to 6. A stronger sense of social connectivity is reflected in SCS-R results that are higher.

RESULTS AND INTERPRETATION

The following section discusses the results obtained after the analysis of the data was completed. The aim of the research was to understand the effect of neglectful/abusive homes on self-esteem, attachment style, and social connectedness and also to find out the relationship among variables: self-esteem, attachment style, and social connectedness. Nearly 40% of Indian children experience some form of abuse or neglect during their childhood, and this number is likely to be underreported due to social stigma and cultural norms (UNICEF, 2021). Such experiences can have a significant impact on the child's physical, emotional, and cognitive development, and may even lead to long-term mental health problems (Kaur, 2018). Therefore, studying the effects of neglect and abuse is something that is supposed to be understood thoroughly to help design interventions to mitigate its impact. The objectives of the study were to assess the relationship between self-esteem and social connectedness; the relationship between self-esteem and attachment styles and social connectedness and attachment style among people who belong to neglectful/abusive home environments. A sample of N= 100 young adults aged between 18-30 years who belong to neglectful/abusive home environments was taken, and people who can read and comprehend English. For the purpose of the data collection, a pilot study was conducted beforehand with N=10 so as to understand the process, effectiveness, and possible drawbacks. The individuals in this sample have been selected from various settings, such as different communities, parks, neighboring societies, and colleges.

The self-esteem, social connectedness, and attachment styles were measured in the people who belong to neglectful or abusive homes using three scales: Rosenberg self-esteem scale (1979), Revised Adult Attachment Scale (Collins, 1996), and Social Connectedness Scale (Lee and Robbins, 1998). The Rosenberg Self-Esteem Scale is a psychological tool developed by Morris Rosenberg in 1979 to measure an individual's self-esteem. The scale consists of ten statements that participants are asked to rate on a 4-point Likert scale ranging from strongly agree to strongly disagree. The scale has been widely used in research and clinical settings to assess self-esteem and has been found to have good reliability and validity. The reliability of RSE demonstrates a Guttman scale coefficient of reproducibility of .92, indicating excellent internal consistency. Test-retest reliability over a period of 2 weeks reveals correlations of .85 and .88, indicating excellent stability. The validity demonstrates concurrent, predictive, and construct validity using known groups. The RSE correlates significantly with other measures of self-esteem, including the Coopersmith Self-Esteem Inventory. In addition, the RSE correlates in the predicted direction with measures of depression and anxiety. Individuals who experienced childhood abuse or neglect are more likely to have lower self-esteem and feelings of worthlessness (Hodgson et al., 2013; Shonkoff et al., 2012). They may feel that they are at fault and may blame themselves for their experiences, leading to a further decrease in their self-worth (Joshi & Srivastava, 2014). Hagan (2018) conducted research where results indicated that childhood neglect was correlated with greater depression and

childhood physical abuse was correlated with lower self-esteem. Children who experienced chronic maltreatment had lower levels of self-esteem and more negative beliefs about themselves than children who experienced isolated incidents of maltreatment (Manly, Kim, Rogosch, & Cicchetti, 2001). Additionally, a study published in the Journal of Child Abuse & Neglect found that children who experienced emotional abuse had lower levels of self-esteem than children who did not experience emotional abuse (Shin, 2016). The Revised Adult Attachment Scale (RAAS) is a self-report measure developed by Collins and colleagues (1996) to assess adult attachment styles based on Bowlby's attachment theory. It consists of 18 items that ask participants to rate their feelings and attitudes towards close relationships using a 5-point Likert scale. The RAAS has been shown to have good reliability and validity. In terms of reliability, internal consistency estimates are high, with Cronbach's alpha coefficients ranging from .78 to .89 across different studies. The test-retest reliability coefficients over a one-year period were also found to be satisfactory, ranging from .65 to .79. Regarding validity, the RAAS has demonstrated good convergent and discriminant validity. It has been shown to be positively correlated with other measures of attachment, such as the Adult Attachment Interview. Additionally, the RAAS has been shown to discriminate between different attachment styles, with secure individuals scoring higher on the scale than anxious or avoidant individuals. Studies have shown that children raised in neglectful or abusive homes are at risk for developing insecure attachment styles. Neglectful or abusive parenting can disrupt the formation of secure attachments and lead to insecure attachment styles (Bowlby, 1969). Neglectful parenting is characterized by a lack of emotional responsiveness, support, and guidance from caregivers. Children raised in neglectful homes may develop an avoidant attachment style, which is characterized by a tendency to avoid seeking comfort from others and suppress their own emotions (Ainsworth et al., 1978). Neglectful parenting can also lead to an ambivalent attachment style, characterized by anxiety and uncertainty about the availability of support from caregivers (Main & Solomon, 1986). Venugopal and colleagues (2014) found that children who experienced neglect or abuse in early childhood were more likely to develop insecure attachment styles, such as avoidant or anxious attachment. neglect or abuse was more likely to develop disorganized attachment styles, which are characterized by a lack of consistent behavioral patterns and difficulty regulating emotions. This may lead to difficulties in forming healthy relationships in adulthood and may increase the risk of mental health issues such as anxiety and depression (Devi et al.,2016). The Social Connectedness Scale (SCS) is developed by Lee and Robbins in 1998 to measure an individual's sense of social connectedness or belongingness. The SCS consists of 20 items, each rated on a 6-point Likert scale ranging from 1 (strongly disagree) to 6 (strongly agree). The items in the SCS measure various dimensions of social connectedness, including feelings of belongingness, social acceptance, and social support. Internal reliability estimates for the 2 scales were .91 and .82, respectively. Test-retest correlations revealed good test stability over a 2-week period (rs = .96 and .84, respectively). Cross-validation for the 2 measures was achieved with confirmatory factor analysis with an incremental fit index greater than .90 (PsycInfo Database Record (c) 2021 APA, all rights reserved). The SCS has been widely used in research to measure social connectedness across different populations, such as college students, older adults, and individuals with mental illness. Neglectful and abusive homes can have a significant negative impact on social connectedness. Children who grow up in such environments may experience social isolation, loneliness, and difficulties in forming healthy relationships with others. Research has shown that children who experience neglect or abuse are more likely to develop attachment issues, which can lead to difficulties in forming healthy relationships in adulthood (Levy, 2017). They may also struggle with low self-esteem and self-worth, which can further contribute to social isolation and difficulty in connecting with others (Perry, 2017). Such homes can also impact social connectedness by affecting children's social skills and emotional regulation. Children who experience neglect or abuse may have difficulty regulating their emotions, which can make it challenging for them to communicate effectively and form meaningful connections with others (Sroufe et al., 2015).

Table 1: Descriptive Statistics Depicting the Self-esteem Scale

	N	Std. Error of Mean	Mean	Std. Deviation
Self-esteem	100	0.373	17.5	3.54

Table 1 shows the average distribution of the data and the mean was found to be 17.5 on the Rosenberg Self-Esteem Scale. The minimum and maximum scores that were found according to the data were 11 and 26 respectively. The standard deviation came out to be 3.54 and the standard error of the mean is 0.37, which indicates that the scores are evenly spaced. The total score range from 10-40 with higher scores indicating a higher level of self-esteem. in the obtained data the mean score is 17.5 which reflects that the individuals who belong to the neglectful or abusive home environment fall in the category of 10-20 range, denoting low self-esteem. This data indicates that people who belong to neglectful or abusive homes have low self-esteem. Hence, the first hypothesis is proved that a Neglectful/Abusive home environment is a predictor of low self-esteem. This aligns with the previous literature and research.

Table 2: Descriptive Statistics depicting the factors of the Adult Attachment Style Scale

	CLOSE	DEPEND	ANXIOUS
N	100	100	100
Mean	9.88	16.36	23.81
Std. Deviation	4.48	5.52	3.37
Std. Error of Mean	0.46	0.60	0.40

Table 2 shows the average distribution of the attachment style factors which are public identification as having a close/secure attachment style; dependent/avoidant attachment style; anxious attachment style. The mean, standard deviation, and standard error of the mean of close attachment were found to be 9.88, 4.48, and 0.46. The Close subscale measures the individual's comfort level with closeness and intimacy in relationships. The mean score of 9.88 suggests that, on average, individuals in the sample have a relatively low level of comfort with closeness and intimacy in their relationships. The mean, standard deviation, and standard error of the mean depend on attachments 16.36, 5.52, and 0.60. The Dependent subscale measures the individual's desire for support and reassurance from others. The mean score of 16.36 suggests that, on average, individuals in the sample have a moderate level of desire for support and reassurance from others. For the anxious attachment style, the mean, standard deviation, and standard error of the mean were found as 23.81, 3.37, and 0.40. The Anxious subscale measures the individual's level of anxiety and worries about the availability and reliability of others. The mean score of 23.81 suggests that, on average, individuals in the sample have a relatively high level of anxiety and worry about the availability and reliability of others. It is important to note that the scores on the attachment style questionnaire range from 6 to 30, with higher scores indicating a more extreme level of the attachment style being measured. Therefore, while the average scores suggest that the sample has a relatively low level of comfort with closeness and intimacy and a moderate level of desire for support and reassurance from others, and a relatively high level of anxiety and worry about the availability and reliability of others, individual scores may vary widely within the sample. Hence, proving the second hypothesis "Neglectful or abusive home environments act as a predictor of anxious attachment style."

Table 3: Descriptive Statistics Depicting the Social Connectedness

	N	Std. Error of Mean	Mean	Std. Deviation
Social Connectedness	100	0.92	36.26	9.22

Table 3 shows the average distribution of the data and the mean was found to be 36.26 on the Social Connectedness Scale. The minimum and maximum scores that were found according to the data were 31 and 79 respectively. The standard deviation came out to be 9.22 and the standard error of the mean is 0.92. In the data obtained, a mean of 36.26 reflects that the majority of the sample falls into the category of low social connectedness (scores: 20-49). This proves the third hypothesis "Neglectful/Abusive home environment acts as predictor or low social-connectedness. This aligns with the previous literature and research.

Table 4: Correlation between Self-Esteem and Anxious Attachment

		Self-Esteem	Anxious Attachment
Self-Esteem	Pearson Correlation	1	-.035
	Sig. (1-tailed)		.365
	N	100	100
Anxious Attachment	Pearson Correlation	-.035	1
	Sig. (1-tailed)	.365	
	N	100	100

TABLE 4 presents that the correlation between self-esteem and anxious attachment is -.035. This indicates a very weak negative correlation between the two variables. However, the p-value of .365 suggests that this correlation is not statistically significant at the 1-tailed alpha level of .05. This means that we cannot confidently say that this correlation is not due to chance. It is also worth noting that the correlation between self-esteem and itself is 1, which is expected since any variable is perfectly correlated with itself. The same applies to anxious attachment and itself. A negative correlation indicates that as self-esteem decreases, anxious attachment style tends to increase. This implies that people who have low self-esteem score higher in anxious attachment style and have an anxious style of attachment. However, this correlation is not statistically significant ($p > .05$) as the relationship is weak. However, since the correlation is weak and not statistically significant, it is difficult to draw any strong conclusions from this data alone. It is important to note there may be other factors at play that contribute to the relationship between self-esteem and anxious attachment style in individuals who have experienced abuse and neglect in their homes.

Table 5: Correlation between Self-Esteem and Dependent Attachment

		Self-Esteem	Dependent Attachment
Self – Esteem	Pearson Correlation	1	-.051
	Sig. (1-tailed)		.307
	N	100	100
Dependent Attachment	Pearson Correlation	-.051	1
	Sig. (1-tailed)	.307	
	N	100	100

The table suggests that there is a negative correlation (r = -.051) between self-esteem and dependent attachment style among individuals who have experienced abuse and neglect in their homes. A negative correlation indicates that as self-esteem decreases, dependent attachment style tends to increase. This implies that people who have low self-esteem score higher in dependent attachment style. However, this correlation is not statistically significant (p > .05) as the relationship is weak. However, since the correlation is weak and not statistically significant, it is difficult to draw any strong conclusions from this data alone. It is important to note there may be other factors at play that contribute to the relationship between self-esteem and dependent attachment style in individuals who have experienced abuse and neglect in their homes. Based on the data provided, there appears to be a weak negative correlation (Pearson Correlation coefficient of -0.035) between self-esteem and anxious attachment style among people who come from abusive and neglectful homes. However, this correlation is not statistically significant (p > 0.05) as indicated by the one-tailed significance value of 0.365 for both variables. The sample size for this study is 100, which provides a decent amount of data to support the analysis. However, it's important to note that correlation does not necessarily imply causation, so further research may be needed to establish a causal relationship between self-esteem and anxious attachment style among people who come from abusive and neglectful homes

Table 6: Correlation between Self-Esteem and Close Attachment

		Self-Esteem	Close Attachment Style
Self-Esteem	Pearson Correlation	1	.114
	Sig. (1-tailed)		.129
	N	100	100
Close Attachment Style	Pearson Correlation	.114	1
	Sig. (1-tailed)	.129	
	N	100	100

Based on the table mentioned above, the correlation between self-esteem and close attachment style is weak and positive, as shown by the Pearson correlation coefficient of .114. However, the correlation is not statistically significant at a 1-tailed level of .05, as the associated p-value of .129 is greater than .05. This means that there is no evidence to suggest that self-esteem and close attachment style are significantly related among people who belong from abusive and neglectful homes. However, the small positive correlation coefficient suggests that

people with higher self-esteem tend to have a slightly more secure attachment style, and vice versa, among this particular population. It is important to note that correlation does not imply causation and further research is needed to better understand the complex relationships between self-esteem, attachment styles, and experiences of abuse and neglect in childhood.

Table 7: Correlation between Social connectedness and Anxious Attachment

		Social Connectedness	Anxious Attachment Style
Social Connectedness	Pearson Correlation	1	-.041
	Sig. (1-tailed)		.344
	N	100	100
Anxious Attachment Style	Pearson Correlation	-.041	1
	Sig. (1-tailed)	.344	
	N	100	100

The table shows the correlation between anxious attachment style and social connectedness among individuals who come from abusive and neglectful homes. In this case, the correlation between anxious attachment style and social connectedness is negative, indicating that as anxious attachment style increases, social connectedness decreases. However, the correlation coefficient of -.041 is very close to zero, suggesting a weak correlation between the two variables. Additionally, the p-value of .344 indicates that the correlation is not statistically significant, meaning that there is not enough evidence to conclude that the relationship between anxious attachment style and social connectedness is not due to chance. Therefore, while there may be some relationship between anxious attachment style and social connectedness among individuals from abusive and neglectful homes, the weak and insignificant correlation suggests that other factors may also play a role in determining social connectedness in this population. It is important to note that correlation does not imply causation, so further research is needed to understand the complex interplay between attachment style, social connectedness, and experiences of abuse and neglect.

Table 8: Correlation between Social connectedness and Close Attachment

		Close Attachment	Social Connectedness
Close Attachment	Pearson Correlation	1	.036
	Sig. (1-tailed)		.360
	N	100	100
Social Connectedness	Pearson Correlation	.036	1
	Sig. (1-tailed)	.360	
	N	100	100

The table shows the correlation between close attachment style and social connectedness among individuals who have experienced abuse and neglect in their homes. The Pearson correlation coefficient between close attachment style and social connectedness is 0.036. This indicates a very weak positive correlation between the two variables. In other words, as close attachment style increases, there is a very small increase in social connectedness among individuals who have experienced abuse and neglect in their homes. However, this

correlation is not statistically significant as the p-value is greater than 0.05 (0.360), suggesting that this relationship may have occurred by chance. Therefore, based on this data alone, it is difficult to draw strong conclusions about the relationship between close attachment style and social connectedness among individuals who have experienced abuse and neglect in their homes. Further research may be needed to explore this relationship in more detail.

Table 9: Correlation between social connectedness and dependent Attachment

		Dependent Attachment	Social Connectedness
Dependent Attachment	Pearson Correlation	1	-.012
	Sig. (1-tailed)		.453
	N	100	100
Social Connectedness	Pearson Correlation	-.012	1
	Sig. (1-tailed)	.453	
	N	100	100

The data shows the correlation between close attachment style and social connectedness among individuals who have experienced abuse and neglect in their homes. the Pearson correlation coefficient between close attachment style and social connectedness is 0.036. This indicates a very weak positive correlation between the two variables. In other words, as close attachment style increases, there is a very small increase in social connectedness among individuals who have experienced abuse and neglect in their homes. However, this correlation is not statistically significant as the p-value is greater than 0.05 (0.360), suggesting that this relationship may have occurred by chance. Therefore, based on this data alone, it is difficult to draw strong conclusions about the relationship between close attachment style and social connectedness among individuals who have experienced abuse and neglect in their homes. Further research may be needed to explore this relationship in more detail.

DISCUSSION

The trauma of living in the shade of maltreatment affects not only an individual's daily functioning but also the entire course of their development. Studies have shown that emotional, behavioral, intellectual, and social disorders accompany these children until adolescence and adulthood (Cicchetti and Toth, 1995; Gauthier et al., 1996; Green, 1985; Makinosky-Rummell and Hansen, 1993; Raczek, 1992; Wekerle and Wolfe, 1998; Zimrin, 1986). The issue of abuse and neglect in Indian homes is a complex and sensitive topic. A 2020 study published in the Indian Journal of Psychological Medicine found that neglect was the most prevalent form of child abuse in India. The study found that 86.3% of children reported facing neglect, while 46.1% reported facing physical abuse. Research has demonstrated that children who grow up in neglectful or abusive homes can experience negative effects on their self-esteem, social connectedness, and attachment styles. neglectful parenting was found to be significantly associated with lower self-esteem levels in adolescents in India (Misra and Gupta,2018). Children who experienced neglect or abuse were more likely to develop disorganized attachment styles, which are characterized by a lack of consistent behavioral patterns and difficulty regulating emotions (Devi et al., 2016). This can lead to further negative outcomes, including mental health issues such as anxiety and depression, which can further impair social functioning (Srivastava, 2015). The effects of neglectful or abusive homes on children are a significant area of study in psychology and other related fields.

Research has shown that exposure to neglect, abuse, or violence during childhood can have negative consequences on children's cognitive, social, and emotional development, which can extend well into adulthood. it is important to study the effects of neglectful or abusive homes to better understand the mechanisms that underlie these negative outcomes. Also, it is important to identify effective interventions and strategies to support children who have experienced trauma. By understanding the specific needs and challenges of children who have experienced neglect or abuse, professionals can develop tailored interventions that address these issues and promote healing and resilience (Cohen & Mannarino, 2018). Additionally, studying the effects of neglectful or abusive homes can help raise awareness about the prevalence and impact of these experiences on children. This can lead to greater support and resources for families and children who have experienced neglect or abuse, as well as increased attention and funding for prevention and early intervention efforts (Leeb, Lewis, & Zolotor, 2011). children who experience neglect or abuse are more likely to engage in risky behaviors such as drug abuse, delinquency, and early sexual activity (Johnson et al., 2006). By understanding the link between early childhood experiences and these outcomes, the factors that contribute to the perpetuation of abuse, policymakers can design interventions to prevent or mitigate their occurrence and break the cycle and prevent further harm. Studying the effects of neglectful or abusive homes in India is essential for policymakers and stakeholders to understand the extent of the problem, design targeted interventions, and prevent the intergenerational perpetuation of abuse. Hence the study aims to understand the effect of neglectful/abusive homes on self-esteem, attachment style, and social connectedness and also to find out the relationship among variables: self-esteem, attachment style, and social connectedness. studying the effects of neglect and abuse is something that is supposed to be understood thoroughly to help design interventions to mitigate its impact. The objectives of the study were to assess the relationship between self-esteem and social connectedness; the relationship between self-esteem and attachment styles and social connectedness and attachment style among people who belong to neglectful/abusive home environments. A sample of N= 100 young adults aged between 18-30 years who belong to neglectful/abusive home environments was taken, and people who can read and comprehend English. For the purpose of the data collection, a pilot study was conducted beforehand with N=10 so as to understand the process, effectiveness, and possible drawbacks. The individuals in this sample have been selected from various settings, such as different communities, parks, neighboring societies, and colleges. The self-esteem, social connectedness, and attachment styles were measured in the people who belong to neglectful or abusive homes using three scales: Rosenberg self-esteem scale (1979), Revised Adult Attachment Scale (Collins, 1996), and Social Connectedness Scale (Lee and Robbins, 1998). All the scales are reliable and valid.

The result of the study concluded that people's Neglectful/Abusive home environment is a predictor of low self-esteem, social connectedness, and anxious attachment style. The current study replicated the previous research findings. The current study also tries to find the relationship among variables: self-esteem, attachment style, and social connectedness. Previous research has reflected the correlation between low self-esteem, low social connectedness, and attachment styles. A study by Wilson and colleagues (2016) examined the relationship between self-esteem and social connectedness in adults who had experienced childhood abuse. The study found that those with higher levels of self-esteem reported greater social connectedness, while those with lower levels of self-esteem reported lower social connectedness. Similarly, a study by Tan and colleagues (2017) found that individuals who experienced neglect in childhood had lower levels of self-esteem and social connectedness as adults. The study suggests that the experience of neglect can lead to a sense of social disconnection and a lack of trust in others. Studies have found that childhood maltreatment can lead to a range of negative outcomes, including poor mental health, decreased social functioning, and lower levels of self-esteem (Maniglio, 2017). One study examined the relationship between childhood abuse, self-esteem, and social connectedness in a sample of young adults (aged 18-30). The study found that individuals who had experienced childhood abuse had lower levels of self-esteem and social connectedness compared to those who had not experienced abuse (Leach et al., 2008). Another study examined the impact of childhood neglect on self-esteem and social support in a sample of adults (aged 20-50). The study found that individuals who had experienced childhood neglect had lower levels of self-esteem and social support compared to those who had not experienced neglect (Kim & Cicchetti, 2010). Research has also found that low self-esteem and poor social connectedness can be long-

lasting effects of childhood maltreatment. A study of adults who had experienced childhood abuse found that they had lower levels of self-esteem and social connectedness even decades after the abuse had ended (Whiffen & MacIntosh, 2005).

The attachment theory proposes that early childhood experiences with caregivers shape an individual's attachment style, which in turn affects their ability to form and maintain relationships throughout their life (Bowlby, 1969). Neglectful or abusive parenting can lead to insecure attachment styles, which can have a negative impact on social connectedness. A study by Fraley and Shaver (1997) found that individuals with an insecure attachment style tend to have less social support and fewer close relationships compared to those with a secure attachment style. This is particularly true for individuals with an anxious attachment style, who tend to experience greater social anxiety and difficulty forming close relationships. Another study by Mikulincer, Shaver, and Pereg (2003) found that individuals with an insecure attachment style were more likely to experience loneliness and social isolation. They also found that those with an anxious attachment style had more negative expectations about social interactions, which further perpetuated their social difficulties. Furthermore, a study by Simpson and Rholes (2017) found that individuals with an avoidant attachment style tend to withdraw from social interactions, which can lead to feelings of isolation and disconnection. One study by Johnson et al. (2018) found that individuals who had experienced childhood abuse had lower levels of self-esteem and were more likely to have an insecure attachment style. In particular, the study found that those who had experienced emotional abuse had lower levels of self-esteem and were more likely to have an anxious attachment style. Those who had experienced physical abuse had lower levels of self-esteem and were more likely to have an avoidant attachment style. Another study by Gratz et al. (2015) also found that individuals who had experienced childhood abuse had lower levels of self-esteem and were more likely to have an insecure attachment style. The study found that those who had experienced emotional abuse had lower levels of self-esteem and were more likely to have a preoccupied attachment style. Those who had experienced physical abuse had lower levels of self-esteem and were more likely to have a fearful attachment style. These findings suggest that individuals who have experienced neglect or abuse during childhood may struggle with their self-esteem and attachment style, which can impact their relationships and well-being in adulthood. It is important for these individuals to seek support and therapy to work through the effects of their childhood experiences on their self-esteem and attachment style. The correlation analysis indicated that there was a positive relation between self-esteem and social connectedness; and negative relation between self-esteem and anxious attachment; social connectedness and anxious attachment. The result of the study suggests that there was a positive or negative correlation which replicates the previous findings but the study found a weak correlation which states that they are not statistically significant. Hence, further research is needed to better understand the complex relationships between self-esteem, attachment styles, social connectedness, and experiences of abuse and neglect in childhood.

Child abuse and neglect are significant public health issues in India, with a prevalence of around 70% according to some estimates (UNICEF India, 2019). Preventing child abuse and neglect requires a multi-pronged approach, including primary, secondary, and tertiary prevention strategies. The Indian government has launched several initiatives to promote child protection, such as the Integrated Child Protection Scheme (ICPS) and the Protection of Children from Sexual Offences Act (POCSO Act) (Ministry of Women and Child Development, 2021). These initiatives aim to promote awareness, strengthen the child protection system, and prevent child abuse and neglect. The Indian government has established Childline, a national toll-free helpline for children in distress, which provides counseling, rescue, and referral services to children in need (Childline India Foundation, 2021). In addition, the government has established child welfare committees and juvenile justice boards to provide protection and rehabilitation services to abused and neglected children (Ministry of Women and Child Development, 2021). They have also established specialized institutions such as the National Institute of Mental Health and Neuro-Sciences (NIMHANS) and the All India Institute of Medical Sciences (AIIMS) to provide treatment and rehabilitation services to children who have experienced trauma and abuse (Ministry of Women and Child Development, 2021).

There are several therapeutic interventions that can be helpful in increasing self-esteem, and social connectedness and building a secure attachment style for these individuals. CBT is a form of therapy that focuses on helping individuals identify negative thoughts and behaviors and replace them with more positive ones and help in improving self-esteem among children who have experienced neglect or abuse(Chaffin et al., 2004). Another therapeutic approach is attachment-based interventions. These interventions focus on helping children develop secure attachment relationships with caregivers, which can improve their overall sense of self-worth and self-esteem (Toth et al., 2016). Play therapy is another effective intervention for increasing self-esteem in children who have experienced neglect or abuse and help them develop a stronger sense of self and self-worth (Landreth, 2012). it's important for children who have experienced neglect or abuse to have access to supportive caregivers who can provide consistent love and support. Building positive relationships with supportive caregivers can help children develop a sense of trust and security, which can improve their self-esteem, social connectedness, and attachment style over time (Juffer et al., 2017). other therapies include Mindfulness-Based Interventions and group therapy. Mindfulness-based interventions such as mindfulness meditation and yoga can help individuals from neglected or abusive homes to develop greater self-awareness and self-acceptance. By cultivating a more compassionate and non-judgmental attitude towards oneself, individuals can increase their self-esteem and improve their ability to form healthy relationships. Group therapy can provide a safe and supportive environment for individuals from neglected or abusive homes to share their experiences and connect with others who have had similar experiences. By doing so, individuals can feel less alone and develop a sense of belonging, which can increase their social connectedness and self-esteem.

Limitations

The study has several limitations that must be considered. The study was based on retrospective self-labeling of the subjects, as being emotionally/physically abused or neglected in childhood, without objective verification. The passage of time and distance from childhood experiences may have blurred the reported abuse. Other personality characterizations (like temperament), and present psychiatric diagnoses (like depression) which may have contributed to the perceived childhood abuse were not examined. Additionally, participants who have immature defense styles and certain forms of psychopathology may have distorted memories of earlier experiences. We should consider the possibility that some reports of parental abuse were the product of other personality disturbances which distorted the perceptions of parental behavior. There could be response bias, sampling bias, or question-wording bias. Response bias: This occurs when respondents provide answers that are not accurate or truthful. This can happen for a variety of reasons, such as social desirability bias (where respondents give answers that they think are socially acceptable), acquiescence bias (where respondents tend to agree with statements), or extreme responding (where respondents give answers at either end of a scale without considering the question) There could be response bias taking in the account the type of questions that were asked to the participants. Sampling bias: This occurs when the sample of respondents is not representative of the population being studied. This can happen if the survey is only distributed to a certain group of people, or if certain groups of people are more likely to respond to the survey. Non-probability methods of statistics including Snowball and purposive sampling were used which might mean that the sample might not reflect the population appropriately. Additionally. the sample size of 100 is quite low which might not represent the population. Question-wording bias: This occurs when the wording of the survey questions is confusing or misleading, which can result in respondents giving inaccurate or misleading answers. These limitations are important to keep in mind while trying to replicate the current study to get appropriate results.

CONCLUSION

Child abuse is a serious global health problem. Although most studies on it have been conducted in developed countries, there is compelling evidence that the phenomenon is common throughout the world. Much more can and should be done about the problem. In many countries, there is little recognition of abuse among the public or health professionals. Recognition and awareness, although essential elements for effective prevention, are only part of the solution. Prevention efforts and policies must directly address children, their caregivers, and the environments in which they live in order to prevent potential abuse from occurring and to deal effectively with cases of abuse and neglect that have taken place. The concerted and coordinated efforts of a whole range of sectors are required here, and public health researchers and practitioners can play a key role by leading and facilitating the process. The current study suggests that a Neglectful/Abusive home environment is a predictor of low self-esteem, social connectedness, and anxious attachment style. Further research is needed to better understand the complex relationships between self-esteem, attachment styles, social connectedness, and experiences of abuse and neglect in childhood.

REFERENCES

Ainsworth, M. D., Blehar, M. C., Waters, E., & Wall, S. (1978). Patterns of attachment: A psychological study of the strange situation. *Psychology Press.*

Agarwal, M., Mathur, A., Singh, A. K., & Singh, P. (2019). Childhood abuse and social support: A study among adults in North India. *Indian Journal of Social Psychiatry*, 35(4), 304-308.

Bowlby, J. (1969). Attachment and loss: Vol. 1. Attachment. Basic Books.

Bandura, A. (1977). Social learning theory. Englewood Cliffs, NJ: Prentice Hall.

Bronfenbrenner, U. (1977). Toward an experimental ecology of human development. *American psychologist,* 32(7), 513-531.

Bank, L., & Burraston, B. (2001). Abusive home environments as predictors of poor adjustment during adolescence and early adulthood. *Journal of Community Psychology*, 29(3), 195-217. https://d1wqtxts1xzle7.cloudfront.net/54930287/jcop.101420171106-7651-hbq2cz-

Babu, B. G., & Karunanidhi, S. (2015). A study of the impact of child abuse experiences on social skills and the level of social connectedness. *International Journal of Social Science and Humanity,* 5(1), 64-68.

Cassidy, J., & Shaver, P. R. (2008). Handbook of attachment: Theory, research, and clinical applications. *Guilford Press.*

Cicchetti, D., & Toth, S. L. (1995). Child maltreatment. *Annual Review of Clinical Psychology*, 47, 1-32.

Dubowitz, H. (1999). Neglect in children. *British Medical Journal*, 318(7175), 217-218.

Dutton, D. G., & Corvo, K. (2006). Transforming a flawed policy: A call to revive psychology and science in domestic violence research and practice. *Aggression and Violent Behavior*, 11(5), 457-483.

Dutta, S., Ghosh, S., & Chakraborty, S. (2016). The impact of child abuse on attachment styles in school-going children. *Journal of Indian Association for Child and Adolescent Mental Health*, 12(1), 24-40.

Daly, J. M., & Jogerst, G. J. (2017). Elder abuse research: A systematic review. *Journal of Elder Abuse & Neglect,* 29(4), 253-268.

Finkelhor, D., & Browne, A. (1986). The traumatic impact of child sexual abuse: A conceptualization. *American journal of orthopsychiatry*, 56(4), 530-541.

Finkelhor, D. (1994). The international epidemiology of child sexual abuse. *Child Abuse & Neglect,* 18(5), 409-417.

Fantuzzo, J. W., & Fusco, R. A. (2007). Children's direct exposure to types of domestic violence crime: A population-based investigation. *Journal of Family Violence*, 22(7), 543-552.

Ghosh, S., & Sharma, N. (2015). Child abuse survivors: Impact on self-esteem. *Journal of the Indian Academy of Applied Psychology*, 41(1), 29-35.

Hamberger, L. K., & Hastings, J. E. (1988). Personality correlates of men who batter and nonviolent men: Some continuities and discontinuities. *Journal of Family Violence*, 3(2), 131-144.

Holtzworth-Munroe, A., & Stuart, G. L. (1994). Typologies of male batterers: Three subtypes and the differences among them. *Psychological Bulletin*, 116(3), 476-497.

Hamby, S. L., Finkelhor, D., Turner, H. A., & Ormrod, R. (2011). Children's exposure to intimate partner violence and other family violence. *Juvenile Justice Bulletin*, 1-12.

Jaffe, P. G., Wolfe, D. A., & Wilson, S. K. (1990). Children of battered women. Newbury Park, CA: *Sage Publications.*

Johnson, M. P., & Leone, J. M. (2005). The differential effects of intimate terrorism and situational couple violence: Findings from the National Violence Against Women Survey. *Journal of Family Issues*, 26(3), 322-349.

Jadhav, S., Bhattacharya, S., & Singh, A. (2018). Effect of intimate partner violence on self-esteem of married Indian women: Moderating role of social norms and gender role expectations. *Indian Journal of Positive Psychology*, 9(1), 45-51.

Kolbo, J. R., Blakely, E. H., & Engleman, D. (1996). Children who witness domestic violence: A review of empirical literature. *Journal of Interpersonal Violence*, 11(2), 281-293.

Krug, E. G., Dahlberg, L. L., Mercy, J. A., Zwi, A. B., & Lozano, R. (2002). World report on violence and health. Geneva: World Health Organization.

Kacker, L., Varadan, S., & Kumar, P. (2007). Study on child abuse: India 2007. Ministry of Women and Child Development, Government of India.

Kumari, S., & Sharma, N. (2018). Impact of childhood abuse on self-esteem in school-going children. *Indian Journal of Positive Psychology*, 9(1), 99-102.

Main, M., & Solomon, J. (1990). Procedures for identifying infants as disorganized/disoriented during the Ainsworth strange situation. Attachment in the preschool years, 1-19.

Margolin, G., & Gordis, E. B. (2003). The effects of family and community violence on children. *Annual review of psychology*, 54(1), 317-341.

Mikulincer, M., & Shaver, P. R. (2016). Attachment in adulthood: Structure, dynamics, and change. *Guilford Press.*

Ministry of Women and Child Development (2017). Study on Child Abuse: India 2007. Available at: http://wcd.nic.in/sites/default/files/Child%20Abuse%20Report%202007.pdf

Mahapatra, A., & Sahu, R. (2019). Impact of emotional abuse on social support and social isolation among adolescent girls. *Indian Journal of Health and Wellbeing,* 10(2), 273-277.

Palanisamy, V., & Datta, S. S. (2020). Prevalence of child abuse in India: A systematic review and meta-analysis. *Indian Journal of Psychological Medicine*, 42(1), 3–12. https://doi.org/10.4103/IJPSYM.IJPSYM_105_19

Riggs, S. A., Caulfield, M. B., & Street, A. E. (2020). Understanding the intergenerational transmission of intimate partner violence: An application of social learning theory. Trauma, *Violence, & Abuse*, 21(3), 491-505.

Ram, R., & Paul, P. (2020). Neglect of the elderly in India: An exploration of social connectedness. *Journal of Aging and Social Change,* 10(2), 47-61.

Sroufe, L. A., Egeland, B., Carlson, E. A., & Collins, W. A. (2005). The development of the person: The Minnesota study of risk and adaptation from birth to adulthood. *Guilford Press.*

Stalker, K. (2012). Reconceptualizing child abuse and neglect as an outcome of poor attachment and insecure relationships. *Child abuse review*, 21(4), 255-267.

Sharma, A., & Srivastava, K. (2017). Childhood neglect and attachment styles among Indian adolescents. *Journal of Child and Adolescent Trauma,* 10(3), 275-283.

Sarin, N., & Singh, J. P. (2016). Effects of child neglect on self-esteem and depression in adolescents. *Journal of Psychosocial Research*, 11(1), 123-130.

Sarkar, S., Saha, R., Chatterjee, B., & Sengupta, B. (2018). Childhood maltreatment and attachment styles among adolescents in India. *Journal of Interpersonal Violence*, 33(20), 3167-3190.

Sharma, M., & Sharma, R. (2018). Women in India: The effects of physical abuse on self-esteem. *Journal of Social Sciences*, 55(3), 301-311.

Sarkar, S., & Das, N. (2018). Domestic violence against women in India: A systematic review and meta-analysis. *Indian Journal of Psychiatry,* 60(4), 384–393. https://doi.org/10.4103/psychiatry.IndianJPsychiatry_223_17

Singh, A. K., Mathur, A., & Agarwal, M. (2018). Childhood abuse and social connectedness among adults in North India. *Journal of Family Medicine and Primary Care*, 7(6), 1232-1236.

Veltman, M. W., & Browne, K. D. (2001). Three decades of child maltreatment research: Implications for the school years. *School Psychology Review*, 30(2), 180-194

Venkatesh, M., Kumari, S., & Mehta, M. (2020). Childhood maltreatment and attachment styles among adult women in India: The moderating role of resilience. *Child Abuse & Neglect*, 105, 104407.

Walker, L. E. (1979). The battered woman. New York: Harper & Row.

Yadav, S., & Singh, S. (2016). Impact of emotional abuse on self-esteem of Indian adolescents. *Journal of Indian Association for Child and Adolescent Mental Health*, 12(2), 76-89.