

Exploring Parenting Stress in Young Adulthood with Adverse Childhood Experience (ACE)

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Abstract. Adverse Childhood Experience (ACE) has a significant impact on people's lives. Few studies have been conducted on young parents with ACE in Indonesia, of which indicated that parenting stress is more common in young parents with ACE. The gap between resources, expectations, and negative mental judgment in response to differences lead to parental stress. The purpose of this research is to explore parenting experiences among young adults with ACE, specifically understanding how they cope with stress. This qualitative study adopted a snowball sampling (Yin, 2016) to identify six participants who are currently a parent with ACE. This research employed a phenomenological qualitative design (Yin, 2016). In-depth interviews are the primary data collection and data was analysed with a thematic analysis. The result indicated that ACE has a significant influence on current parenting stress experiences. Religiosity was found to have an essential role in coping with parenting stress. Cultural standard is a significant characteristic of a nation's culture, impacting an individual's thought patterns, emotions, and behavior. Religiosity is an appreciation of a specific religion that helps overcome parenting stress. The ability to overcome this situation, find personal growth, and appreciate life and spiritual changes is called post-traumatic growth.

Keywords: adverse childhood experience; young adulthood; parenting stress; religiosity; post-traumatic growth

Repeated stress that causes childhood trauma impacts individuals differently in their adulthood. These childhood traumatic experiences are called Adverse Childhood Experiences (ACE). They are experienced by individuals under 18 years old and have 13 indicators according to the World Health Organization (2020). The indicators include physical, emotional, sexual, bullying, communal, and collective violence. Children raised in families with alcoholic or imprisoned members are vulnerable to traumatic experiences. Other indicators include exposure to violence, being orphaned or raised by one parent, as well as physical and emotional neglect.

Several sources indicate the impact of ACE on physical and psychological health. A study by Kaise Permanente and the Center for Disease Control and Prevention (CDC) in America identified seven negative effects of ACE, including brain or physical injury, mental disorders, such as depression or anxiety, and maternal health disorders. Other effects are infectious and chronic diseases such as

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HIV, STDs, cancer, or diabetes, dangerous narcotics or alcohol use, difficulty getting an education and decent work, and economic hardship. According to Bellis *et al.* (2018), ACE increases the tendency to develop antisocial traits and behavior that threatens personal health, accelerating the rate of death.

Young adults may be tasked with parenthood to guide children for their healthy development (Papalia *et al.*, 2009). This role requires them to have adequate internal and external resources that support parenting practices. Internal resources come from within the parents, such as their health, motivation, and knowledge whereas external resources come from outside of the parents, including the parents' field of work, social support from extended families, and collaboration with schools or social institutions.

Parenting stress is caused by the high demands of childcare which are not balanced out with resources that meet the child's development. According to Abidin, parenting stress is the gap between demands, available personal resources, and negative mental judgments in response to differences (Ammerman *et al.*, 2013).

High parenting stress is often associated with abusive behavior to children, neglecting them, and potential delays in their future development (Crnic, Gaze, & Hoffman in (Ammerman *et al.*, 2013)). Abidin in (Deater-Deckard, 2004) stated that three components affect parenting stress, including the parent and child domains as well as the parent-child relationship. The parent domain consists of seven aspects that cause parental distress which are competence, social isolation, restrictions imposed by parent roles, relationships with spouses, parents' health, depression, and attachments. The child domain includes six aspects that could trigger parenting stress. These are child adaptability, demands, mood, distractibility, acceptability to parents, and parent-child interaction. Additionally, the parent-child relationship domain includes parents' judgments about their close relationship with their children. In this case, children are seen as a positive or negative element in the parents' lives.

The results show that parents with high stress levels tend to experience ACE, which eventually causes depression and low sensitivity towards babies. It also causes a tendency to apply ACE parenting patterns, especially for individuals that experience more than four types of ACE (Ammerman *et al.*, 2013; Pereira *et al.*, 2012; Randell *et al.*, 2015).

Several factors reduce parenting stress, and one of them is having social support. (Ammerman *et al.*, 2013) stated that high social support reduces parenting stress levels by allowing mothers to express their difficulties. Positive affirmations from others also increase parents' self-confidence. Lack of social support could cause mothers to experience excessive parenting stress, leading to depression (Balaji *et al.* in (Ammerman *et al.*, 2013)).

For several decades, the active involvement of fathers in childcare has been recognized to transcend their role as only breadwinners (Astuti & Masyukur in (Dylan & Lentari, 2021)). The fathers' parenting demands also impact their psychological well-being (Gialo in (Dylan & Lentari, 2021)). Therefore, this study aimed to examine how parenting stress impacts fathers with ACE.

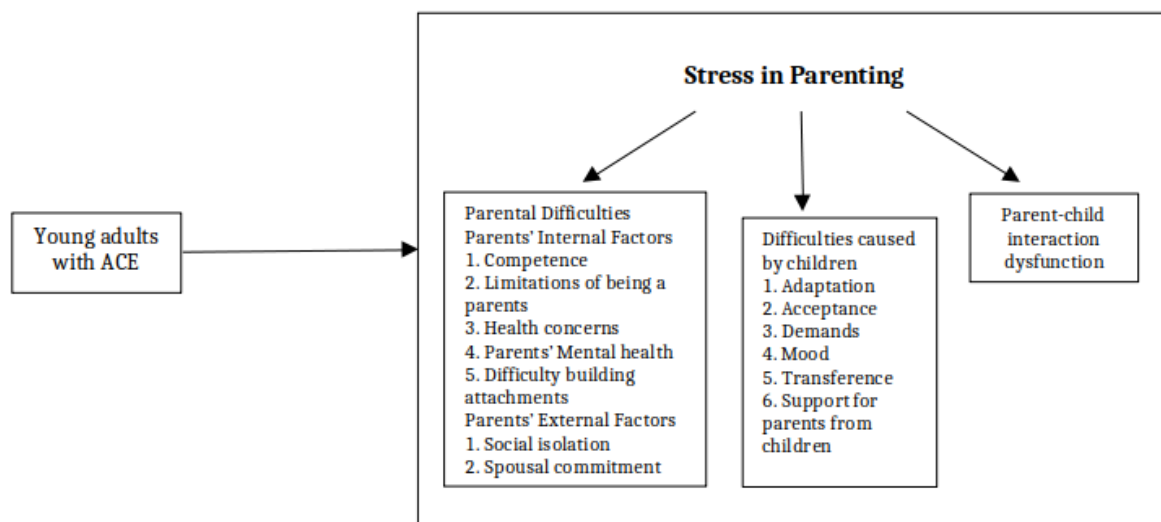
There have been several studies exploring ACE, including focusing on intergenerational issues (Crouch *et al.*, 2019), Pereira *et al.* (2012), Lange *et al.* (2019). These studies have contributed a lot to the general public knowledge or general patterns about the characteristics of the parenting

style of mothers with ACE and the effect of ACE trauma on intergenerational issues. Nevertheless, these studies employed a quantitative approach that is limited in exploring the dynamic within ACE and intergenerational parenting issues. As such, this study seeks to fill the gap by exploring the phenomenon of parenting stress as it is perceived by young adult parents with ACE by using phenomenology as its approach to inquiry. This study asks the following research question: How do young adults with ACE perceive their parenting life experiences?

Methods

Research Design

Figure 1
Conceptual Framework



This qualitative study employed a phenomenological design employing a descriptive phenomenology as an approach as it believes that the phenomenon will manifest itself in a particular instance based on participant experience (Yin, 2016).

Research Participant

There were six participants selected using snowball sampling techniques (Yin, 2016) following selection criteria: (1) be a young adult parent; experienced ACE based on WHO ACE-IQ (World Health Organization, 2020). We first identified two participants from personal contact, Surya and Tita. We then obtained references and referrals from these two participants to identify other participants: Marvin, Arya, Dita, and Sita. Demographics of participants are outlined in Table 1. Table 1. Participant's Demographic Data

Table 1
Participant's Demographic Data

Name	Age (Years)	Marriage Status	Children Age	WHO-ACE IQ* Score	Adverse Experience	Childhood
Sita	34	Married	3 years old	2	Mother died & emotional neglect	
Marvin	35	Married	4 years old & 5 months	2	Father died & emotional neglect from father	
Arya	32	Married	3 years old	2	Mother died & emotional neglect from father	
Dita	33	Married	6 & 4 years old	2	Parent divorced & emotional neglect from mother	
Surya	34	Married	2 years old	2	Parent divorced & emotional neglect	
Tita	32	Married	6 years old	3	Parent divorced emotional neglect physical abuse	

Sita

Sita is a housewife with one three-year-old child. Her mother died of cancer when Sita was eight years old. Sita's father remarried two years later, and she feels that her father pays different attention to her and her stepsisters. Therefore, Sita feels emotionally neglected when living with her stepmother and stepsisters.

Marvin

Marvin is an entrepreneur with two children aged four years and five months. Since birth, Marvin has lived with his parents, grandmother, and great-grandmother from his father's side. His relationship with his father lacked emotional closeness and was dominated by conflicts. Marvin feels closer to his mother, to whom he complains and talks more about his daily activities with. His traumatic experience was grieving his father, grandmother, and great-grandmother after they died suddenly within a week of their illness. Marvin's father died of heart disease when he was sixteen, while his grandmother and great-grandmother died when he was in elementary and middle school, respectively. His relationship with his father is often dominated by arguments and lacks emotional closeness.

Arya

Arya is a businessman with one three-year-old child. At the age of three, Arya's mother died. He lacked emotional closeness with his father because they rarely communicated during both his childhood and adulthood. Arya's father spends more time in the shop than interacting with his own children. When he was in Grade 1 elementary school, his father remarried, and Arya lived with his stepmother. Arya feels closer to his stepmother than his father because of the support and attention

he gets from her. He thinks that communication with his father has increased because he decided to continue the family business.

Dita

Dita is a housewife with two children aged six and four. Her father and mother divorced when she was in high school. During this period of transition, the tension between Dita's father and mother made it impossible for her to meet her sister. Dita lives with her father, whereas her sister lives with her mother. To make things worse, her mother restricted her sister from meeting both Dita and her father. During the 3rd grade of high school, Dita's sister ran away from her mother's house to where Dita and her father lived. Parting with her sister gave Dita a fear of being separated a second time. From the beginning, the father figure always provided explanations and understanding of the situations in the house. The mother was busy working and was not close to Dita and her sister. Also, Dita's mother has high expectations towards her and keeps her distance from her children.

Surya

Surya is a businessman with one two-year-old child. His father and mother divorced when he was 6 years old. The parents were always busy with work, hence Surya felt he lacked an emotional closeness with them. His father's rigorous nature made it difficult for them to form a close relationship when he was a child. The father had insomnia and needed to take sleeping pills until now.

Tita

Tita is a housewife with one child aged six years old. As a child, she experienced physical violence from both parents, especially from her father's side. Tita often received beatings and slaps for making mistakes as a child. After her parents' divorce, Tita's mother moved abroad and rarely contacted Tita. Her father fulfills her needs of clothing, food, and shelter but cannot meet the demand for emotional closeness.

Research Procedure

Informed consent was obtained from each participant to take part in this study. The researcher administered WHO ACE-IQ (World Health Organization, 2020) to identify the degree of ACE that participants experienced ACE. Administration of the WHO ACE-IQ was carried out individually; and took 10 to 15 minutes to complete. Measurements show that participants experience ACE, which affirms their eligibility to become participants in this study. Furthermore, the authors conducted semi-structured interviews with participants. Thematic analysis was then used to analyse the data.

Data Collection

Data Were Collected Using the Following Two Instruments:

1. Semi-Structured Interviews The interview guide was developed based on the parenting stress theory by Abidin (Husna & Hamdan, 2015). The questions covered the parent, child, and

parent-child domains. Questions were generated from each domain of parenting stress aspects related to the ACE. Examples of questions: How do you feel when you recall your childhood experience and its relation to your role as a parent? What thoughts arise when recalling your childhood experience with parenthood?

2. WHO ACE-IQ WHO-ACE IQ is an instrument adopted by (Rahapsari et al., 2021) to obtain descriptive data about the ACE experienced by each participant. Answers “yes,” “always,” “sometimes,” and “once” counted as yes. In this case, the higher the “yes,” the more ACE experienced. Example of WHO-ACE IQ: “parents divorce? Yes/no”, “doesn’t get enough food? “always, sometimes, once, never”.

Data Analysis

Thematic analysis was used to identify patterns or themes based on the data obtained (Heriyanto, 2018). Based on Braun and Clarke (2006), there are several phases of thematic analysis. For this research, first, the researcher made an understanding of the data by writing verbatim. After writing it, the researcher re-read and grouped the categories. Following the grouping process, each category will then be grouped into a larger framework to generate themes in the research. Four themes and seven categories were yielded from this process (Table 2).

To reduce potential bias, the researcher then used member checking. Member checking is a method of giving the data to the participant to make sure that it fits what the participant meant (Birt et al., 2016). Then the data were organized based on the background of the theory used, followed by analysis and conclusion.

Table 2
Themes and Category

Theme: Impact of ACE in young adulthood	Theme: ACE & Parental Distress	Theme: The difficult child	Theme: Religiosity Empower Parenting
Category: (1) emotional instability	Category (1): ACE & Internal factors of parental distress (a) strong health concern, (b) mental health issues during parenting & (c) difficulties in building attachment	subcategory: (1) child demands (attention & parents emotion impact the demands)	Category: (1) Religion and parenting (religion as foundation of life, religion as foundation of parenting, religion develop self-control & religion as love) Category: (2) Child as positive elements in parents' life (child brings happiness, child brings emotion fulfillment, & maturity and responsibility)
Category: Relationship with the family	Category: (2) ACE & external factors of parental distress (a) commitment with spouse		

Result

ACE Experiences

All the participants experienced emotional neglect from one or both parents. Sita, Arya, and Marvin suffered the death of one parent, while Tita, Dita, and Surya, had their parents divorced. Surya and Tita had no emotional and mental support from childhood because their parents divorced. Similarly, Sita's mother died, and her father remarried, causing a different behavior toward her. Her stepmother

and father loved her less compared to her stepsister. As a result, Surya, Tita, and Sita feel closer to friends than family. Arya and Marvin lost one of their parents, but they are still close to their birth or surrogate mother. Marvin and Arya feel close to their biological mother and stepmother, respectively. Similarly, Dita saw that her father was supportive during her developmental period after her parents divorced. Her father provided psychological and mental support and explained the situation between his parents. The participants supported by one parental figure exhibit different developmental behaviors and were able to accept situations that occur in life.

Five participants had an ACE score of two, while Tita experienced the highest score of three. Physical violence is the ACE experience that sets Tita apart from other participants. The mistakes and lies from other family members caused her to be physically abused, especially by her father. The physical abuse made Tita less confident when interacting with the nuclear family members.

Impact of ACE and Parenting Experience in Young Adults with ACE

The results of this study indicate four themes: the impacts of ACE in the young adulthood period, ACE and parental distress, the difficult child, and religiosity empowering parenting. Each of these themes are described below.

Impact of ACE on young adulthood period

ACE experiences have different impacts on participants. The two most significant impacts are emotional instability and family relationships.

Emotional Instability

Sita and Tita's ACE experience caused emotional instability. Negative emotions appear more often when situations do not match their expectations. Mistakes made by other people quickly make them feel annoyed or angry. Also, good emotional regulation is a challenge for both participants.

"It is easy for me to be moody with my family and other people. When they make mistakes, I feel upset. When I am close with someone that I match, I want them to understand me" - Sita.

"I am easily angered. When somebody makes a mistake to me or there's something wrong with my work, I become outraged. I remember how my father hit me when he was angry" - Tita.

Relationship with Family

Parental divorce has a different impact on the participants' relationship in the family. The first evident impact is the absence of emotional attachment between parents and children. This experience was described by Surya whose divorced parents always focused on work. He feels there is no closeness to the parental figure. Surya also feels that he is the one who caused his parent's divorce, making him feel responsible for every problem that occurred.

Dita is more accepting of the fact that her parents divorced when she was in college. Her mother and father had very different parenting styles. Dita's mother has no close relationship with the children, unlike the father. She is preoccupied with the demands of academics and work. At the beginning of the divorce, Dita's mother forbade her sister to interact with Dita and her father. This

incident had a traumatic impact on Dita and inspired her to become the best mother and know the child's development and needs.

"Because I never tell anything in front of them, I always look fine. When there's any problem, I blame myself, that's my character. When there's a mistake, it means there must be something wrong with me" – Surya.

"How different my parent is the one that had an impact on me not because of the divorce for me since university I think that their divorce is the best for me and my sister but the one that still remains is how they nurtured us as a child and how their behavior and character. The main point is my mom doesn't like kids since before and second, she likes to work and third, she's rarely at home. I am always at home with my maid, and my father's office is closed by, in Cempaka Putih, so he is with me every afternoon after finish working from my grandpa's office. That's why I want to be a housewife to know my child's development besides my education background" – Dita.

ACE and Parental Distress

ACE determines the quality of the internal factors of parental distress. The three relevant internal factors of parental distress are strong health concerns, mental health issues during parenting (baby blues and anxiety), and difficulties building attachment.

Strong Health Concern

This is the reason Sita does not want to have the same experience of facing her mother's departure when she was young. Sita wants to be healthy and accompany her child into adulthood. The death of Marvin's father, grandmother, and great-grandmother within a week of illness caused him to feel that death and illness could be unpredictable. For Marvin, health checks help reduce concerns about certain diseases. Someone could avoid getting sick through regular health check-ups and healthy living. Therefore, Marvin does all these activities to ensure he stays healthy and watches his children grow.

"My whole life I never go to the dentist but since I had S I want to go to the dentist and check my health because my mother died when I was young, so I learn from there" – Sita.

"My father died when I was in high school and my brother was in junior high school at that time and everything so suddenly in 2 weeks' time. Dying could be anytime and there's a lot of people that died in my house, there is my grandma and great-grandma and all of them had a sudden death and we don't know how it is going to be and I feel that in my age now there's a sudden disease that found in my body and I don't know until when I will be healthy. I try to maintain my body and have a healthy life and also go to the doctor for check up it's all for my kids" - Marvin.

Mental Health Issues During Parenting (baby blues and anxiety)

For Sita, the role of a new mother during the first few months of her daughter's birth was challenging, eventually causing her to experience baby blues. This baby blues situation worsened because Sita was reminded of her mother. She feels there would be more support when she gives birth, especially if her mother is still alive. Sita assessed that her biological mother would always be willing to accompany her and offer her the help she needed. The adaptation needed to become a new mother took up to 3 months

for Sita. Furthermore, Tita had difficulty overcoming the mood that she had. This difficulty raises anxiety in parenting and reminded Tita of the physical abuse she experienced in the past. Tita recalled that when she cried a lot, her father punished her physically by hitting her. Thoughts of corporal punishment always come up, especially when she has difficulty dealing with her child's emotions. To overcome this anxiety, she has been taking sleeping pills for the last four years since her child was only two years old.

"I got baby blues the first three months and felt sad thinking my mom is not here to help" - Sita.

"When I got overwhelmed by looking at my child crying and everything needs to be me I directly remember my childhood life when I got beaten by my father and my mother if I feel that way. When I think that way, I feel like it starting again. I directly drink sleeping pills. Being over worried is one of the things happening with me"- Tita.

Difficulties in Building Attachment

The ACE experience also affects the participants' attachments to children. Surya and Arya's children, still under three years old, require much interaction through a play approach. Difficulties are quite visible in building closeness through the games carried out by the two participants. This activity became a challenge because the two participants did not play with a father figure as children. The emotional neglect from the father figure made the two participants lack experience in activities that make children happy or know what they look like.

"Sometimes I feel confused about what I need to do because I am happy when I see her laughing. However, sometimes I get confused about how to make her laugh. Since my childhood, I used to be alone and I don't remember happy experiences. My parents divorced when I was in primary one and before that, they always fought"- Surya.

"She's the one that always asks me. She likes "papa, papa come on, papa, let us go ayo ayo." She has more initiative to engage me, let's play, play this and that, let us do this, compare to me. I feel confused about the things I should do together with her" - Arya.

ACE determines the quality of external factors, such as parental distress. One external relevant factor of parental distress is the commitment to a spouse.

Commitment to Spouse

The second external aspect is the relationship with the partner, an important component in marriage as both partners and as parents. Participants with divorced parents have different views on their relationship with their partners. The first view is that divorce solves family problems. According to Tita, marriage is not sacred, and divorce solves problems in the relationship with her husband. This experience is seen in her parents' separation. Differences of opinion and disagreements make marriage not seen as a commitment. Previously, marriage problems involved physical violence from the father's side to the mother. The second view is that marriage is a sacred commitment. Although Surya's parents are divorced, he considers marriage a commitment. His parent's divorce made him not want to experience the same situation. Surya does not want to feel the loss and separation again. Also, he

does not want his child to become a victim of divorce. When he fights with his wife, they do not use the words divorce or separation. Surya sees marriage as a sacred and binding foundation.

"Maybe my badness since my parent's divorce, I sometimes assume marriage is something not sacred. I think I could do everything myself since I was young, meaning I don't need a partner. Sometimes I think it is easy for me when fighting that we could be independent. Therefore, I feel that I am repeating the cycle started by my parents" - Tita.

"When I fight with my wife, we don't use the word divorce. Since dating, I already mention when we fought and she said "break up," we really need to break up. I feel that commitment is something that you cannot play with as my parents divorced and I became a victim" - Surya.

The Difficult Child

Children could cause parenting stress when they are challenging to manage due to temperament factors and non-compliance. One aspect that causes parenting stress to participants is the child's demands.

Child Demands to Parents

Children's demands could trigger parenting stress and seem to be experienced more by mother participants than fathers. Dita, Sita, and Tita had to deal with their child's demands because they have been the main caregivers for the children. According to Dita and Sita, their children's demands for attention made it difficult for them to work. Tita felt that the child often sought attention by crying, which annoyed her. She has difficulty controlling her emotions, making it difficult to meet her child's emotional needs.

"For example, when I am cooking, working, or doing anything, they ask for attention, "like mom, please listen to me first." - Dita.

"Sometimes when I just finish helping her take a shower and it's my turn to take shower, she follows and always talks to me nonstop. Before she started schooling, we were together for 24 hours, but now it is just 12 hours." - Sita.

"That's the thing that I do not like. Sometimes he always asks for my attention, he is in front of me. I heard when I am not around, he is not like that. He asks for attention when I prepare food for him "ouch, I am hurt, I will cry, I will cry." Later he would cry, making me upset and angry." - Tita.

Religiosity Empower Parenting

Religion and Parenting

Religion was seen as the aspect that empower parenting. Religion helps Arya, Marvin, and Tita as means for self-development in emotions, thinking patterns, and positive behavior. Surya feels that a religious approach that teaches love enables him to show more warmth to his children. Previously, Surya never experienced warmth in the family because his parents divorced. Religion has given him a deeper understanding of love for others, especially children.

As a religious society, religiosity is an essential aspect of the daily life of Indonesians.

Panggabean *et al.* (2014) mention religiosity as one of the central cultural values of the Indonesian community, termed as Culture Standard. In this sense, religion is strengthened as a basis for parenting.

One of our respondents, Dita, sees that the principle of parenting is contained in religion. In this case, religious values are the basis and cannot be separated from parenting. Sita stated that religion is a foundation and hope in life. It provides strength amid problems or saddening events. Religious routines such as weekly worshipping are another lesson Sita teaches her child.

“Religion is like belief to God, teaching me how to be more loving and grateful about my life. I want my child to learn how to be grateful when she’s facing the day and with all the things that she had” – Surya.

“I feel I have a foundation directing and guiding me especially when I feel down. I know I have hope that makes me rise up. I learned religious values as a child by attending Sunday school and helping in JPCC church” – Sita.

“Parenting is always based on religion. Most parenting principles also come from religious rules, such as behavior, self-control, and positive thinking” – Dita.

Positive Side of Parenting

Children bring positive energy into their parents’ lives. Marvin stated that since having children, he thinks about other people’s feelings and makes better decisions. He feels that being a parent requires him to set an example for his children to be responsible and make decisions. Similarly, Sita feels that a parent must maintain a jovial mood because it makes the child happy. Becoming a parent and spending time with children is considered a blessing from God. Sita considers the relationship between himself and his child a gift through the experience of losing a mother. Arya obtained this closeness and attachment only from the stepmother, not the father figure. However, interacting with his child has created happiness and emotional bonding.

“There is a more positive side, such as being more responsible and thinking about other peoples’ feelings. I think about my child’s feelings and others but become more firm when making decisions to help others.” – Marvin.

“Now I think more positively. Small things used to make me uncomfortable. However, I consider this God’s blessing. When I am not happy, then how about my child.” – Sita.

“Before work, I and my child always feed fish and birds for 15 to 30 minutes daily. We do the same at one or two hours when I go home early. I feel fulfilment in my heart.” – Arya.

Discussion

ACE’s impact varies in each of the individuals as a person and their role as a parent. Through this research, we found that ACE impacts an individual as a person in two areas: affecting mood stability and difficulty regulating emotions. (Herzog & Schmah, 2018) describes that people with ACE have more difficulty regulating emotions. Furthermore, (Daines *et al.*, 2021) found that ACE was negatively associated with social and emotional health in the family. This research also reflected that ACE made participants have difficulty getting close to and building healthy emotional relationships with their

parents and family.

As for the parent role, ACE was seen to be related with parental distress. Parental distress is the first domain of parenting stress that is related with internal and external factors in parents that trigger stress. The first internal factor is a strong concern for health. The death of one's parents or relatives due to an illness made participants worry about their health. According to (Kaasbøll *et al.*, 2021), the critical condition experienced by parents has a long-term impact on the individual's young adulthood. There is a prolonged negative effect, especially on females rather than male. However, this study found no differences between male and females regarding their disease and health concerns.

The second internal factor is a mental health issue during parenting. Baby blues is strengthened by ACE especially with the female figures that experience the loss of her mother. Also, anxiety arises from being overwhelmed with parenting and memories of physical abuse. Mcfarlane *et al.* (2005) found that the individuals' experience of abuse increases the tendency for psychiatric disorders, including high anxiety. ACE also affects the parents' attachments to their children. Bowlby (Hong & Park, 2012) stated that relationships and interactions formed in early life form the basis for future interactions and have long-term effects. The emotional neglect experienced influences their closeness to their children.

ACE affects commitment to partners on external factors in the parent's domain, as seen among the participants with divorced parents. Several studies have shown that the commitment to marriage and the trust in marital stability and happiness is lower in individuals that experienced divorce in the family (Whitton *et al.*, 2008). Divorce implies that marriage is not a permanent thing. However, one participant with divorced parents feels that commitment is fundamental in a marriage. It means that marriage is a bond, and separation or divorce will just make the children a victim.

Child demands on parents contribute to parenting stress, especially for mothers with ACE in this research. The three mother participants were housewives, while the father participants were entrepreneurs. The visible demands are fulfilling the needs of attention and affection from the mother to the child. Mash & Johnston (in (Deater-Deckard, 2004) stated that children's demands are daily and they have psychological needs for attention and affection. When this demand is fulfilled, it will help control and regulate children's own emotions. This was seen in the interactions between the three participants, mothers and children.

In Indonesia, parenting patterns are enhanced by the role of culture. For one, family function is to help internalize values and cultural enculturation. The family environment is the first place to introduce values to an individual (Satrianingrum & Setyawati, 2021). Standard culture is the core characteristic that affects people's mindset, tastes, and behavior (Panggabean *et al.*, 2014). Of the seven standard cultures, religiosity is the most prominent in parenting. It is an appreciation of the individual's religious belief. For Indonesians, religiosity is an attitude to live and embrace the religion properly without emphasizing the type of religion adhered to. It also stresses that the Indonesian people have trust in God.

Religiosity helps parents show affection and accept children as they are (Husna & Hamdan, 2020). Religion also marks the foundation of the family that builds happiness and well-being. Religion builds sense and also behavior for daily life (Telaumbanua & Nugraheni, 2018). Henderson and

Stroope (2016), Juniarily and Hadjam (2012), Moore and Ramirez (2015) found that religiosity is not affiliated with satisfaction in parenting but impacts parenting stress. The positive impact is experienced by participants when there is religiosity. According to Reinert et al. (2016), religiosity could be essential in reducing the impact of early trauma on mental health.

With the presence of religiosity, a child was seen as bringing positive emotions that build personal resources and contribute to the parents' psychological growth (Beighton & Wills in (Prawira & Herdiana, 2021). Participants felt emotionally fulfilled, grateful, and respectful of other people's feelings. Having children and having beliefs in God made the participants more responsible and better problem-solvers.

Calhoun & Tedeschi (in (Irwanto & Kumala, 2020) showed that individuals might undergo positive psychological changes after experiencing traumatic events in their lives. This experience is called posttraumatic growth (PTG), emphasizing individuals' subjective perception of the benefits of coping with trauma. Participants had three of the five domains in posttraumatic growth. The three domains are being positive toward life, appreciating life, and having spiritual changes.

This study had several limitations, such as it only gives an explanation of the phenomenon of young adult parents that have children aged between 2 and 6 years old, which might be different for parents that have a teenager or older child. Consequently, data were collected from only one side of the parent and therefore on the next research, we are hoping that future researchers can integrate data from the spouse.

Conclusion

The results indicated that ACE impacts individual development in young adulthood. It causes emotional instability and difficulty in fostering close relationships within the family. The experience also causes parental distress as part of parenting stress. Participants with different ACE backgrounds had difficulties being a parent. Their main concern is health, especially for those that experienced the death of one parent. Furthermore, it exacerbates issues regarding mental health, such as depression, the baby blues experience, and anxiety.

Male participants had difficulties fostering closeness to their children due to past emotional neglect experiences. Their commitment to their partners was influenced by ACE due to external factors. Furthermore, participants with divorced parents have various views about family. One participant felt marriage was not a commitment, meaning divorce is possible whereas other participants viewed marriage as a commitment that cannot be resolved by divorce.

Children's demands affect parents' perception of parenting. Participants with ACE experiences losing their parents considered their children positive figures in life. Moreover, the religiosity value influences the parenting pattern and the participants' self-development. It guides and gives participants a more positive outlook and appreciation toward life. The participants' experiences indicate the existence of posttraumatic growth.

Recommendation

The results are expected to help parents understand the impact of ACE in childhood on parenting roles in adulthood. Therefore, parents should practice ways that support their children's optimal physical, cognitive, and socio-emotional development. One of the methods that can be done is by doing mindful parenting that was introduced by Duncan (Cowling, 2022). Mindful parenting consists of listening with full attention to the children, being non-judgmental to themselves and also children, bringing up the emotional awareness by acknowledging parents and the child's emotions, having self regulation and also compassion for self and the child.

Religiosity could be emphasized as a contributing factor for the parenting foundations and turn back point when facing difficulties in life. Therefore, religious values could be emphasized in families and schools early to be internalized and applied in future care.

Declaration

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Author's Contribution

The first author: Generate ideas for the study, conduct literature study, data collection and analysis, and write the paper. The second author: supervise the study, strengthen the frame of the research methodology, review the paper, and guide the first author to enhance the results, discussions, implications, and write revisions to improve intellectual content. The third author: provides initial feedback to advance study ideas and guide the first author on the discussion, implications, and maximizing research output.

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Conflict of Interests

Authors declare no conflict of interests

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