



Mini Review

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Children's Emotions and their Impact on Adult Life

Paulina Pietrzyk Kowalec PP*

Professor, WSB Merito Warsaw University, Poland

*Corresponding author: Paulina Pietrzyk Kowalec PP, Professor, WSB Merito, Warsaw University, Poland.

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Abstract

The emotional sphere is crucial for humans. Emotions accompany us every day, in various situations, inform us about what is good for us and what is unacceptable, they arouse motivation in us to act, since we naturally strive to feel pleasure, but we instinctively avoid unpleasant feelings. Emotions are largely responsible for our choices, decisions, how we function every day, how we feel about ourselves and other people. The level of emotional awareness is an individual case, however the emotions we experience as children shape our adult life. The so-called emotional intelligence largely determines how we cope with relationships, at work and in any situations that we encounter. There is more and more discussion about the fact that not only intelligence understood traditionally, but also emotional one affects how we function as adults. This article presents a direct correlation between childhood and adulthood and highlights the importance of emotions at the earliest stage of human life.

Keywords: Adulthood, Childhood, Depression, Emotions, Emotional intelligence, Mental health, PTSD

Introduction

To begin with, emotions are an essential aspect of human life. They guide our behavior and reactions to different situations, allowing us to respond appropriately to various stimuli. Emotions play a vital role in our development, shaping our personality, and influencing our decisions. Children's emotions can have a significant impact on their future development and adult life. This article aims to explore the impact of children's emotions on their adult life and the factors that can influence emotional development.

Children who have healthy emotional development are more likely to form positive relationships, have high self-esteem, and develop effective coping mechanisms. Emotional development begins in infancy, and it is influenced by a wide range of factors, including genetics, environmental factors, and parental behaviour.

Discussion

It is significant to highlight that during infancy, children develop emotional bonds with their caregivers, which are critical for emotional development. These bonds provide a sense of security, which allows children to explore the world around them confidently. As children grow older, they begin to develop a more complex emotio-

nal repertoire, including a range of emotions such as joy, sadness, anger, and fear. Several factors can influence a child's emotional development, including genetics, environment, and parental behaviour. Research has shown that children's emotional development is partially determined by their genetics. Studies have found that 'children with parents who have anxiety or depression are more likely to experience emotional problems' [1], suggesting that genes play a role in emotional development.

The environment also plays a significant role in emotional development. Children who grow up in unstable or unsafe environments are more likely to experience emotional problems such as anxiety and depression. Adverse childhood experiences such as abuse, neglect, and exposure to violence can have long-lasting effects on a child's emotional development, leading to problems in adulthood [2]. It should be also emphasised that parental behaviour determines emotional development of humans. Parents who are warm, supportive, and responsive to their children's emotional needs are more likely to have children with healthy emotional development. In contrast, parents who are cold, distant, and unresponsive may have children with emotional problems such as anxiety and depression [3].

It can be assumed that emotional problems that develop in childhood can persist into adulthood, affecting a person's mental health and quality of life. For example, 'children who experience anxiety or depression are more likely to have mental health problems in adulthood, including anxiety disorders and depression [4]. Consequently, emotions experienced in childhood may lead also to posttraumatic disorders. While PTSD is commonly associated with experiences such as combat, accidents, or natural disasters, it is important to recognize that childhood emotions and experiences can also contribute to the development of PTSD. Children who undergo traumatic events or highly distressing emotional experiences, such as abuse, neglect, violence, or the loss of a loved one, are at risk of developing PTSD. These events can overwhelm a child's ability to cope and lead to persistent and disruptive symptoms that affect their emotional well-being.

It is important to note that not all individuals who experience childhood trauma will develop posttraumatic stress disorder (PTSD). Factors such as the severity of the event, the availability of support systems, and individual resilience play a role in determining the likelihood of PTSD development' [5]. Additionally, 'the presence of other risk factors, such as a history of previous trauma, genetic predisposition, or a lack of supportive relationships, can increase the vulnerability to developing PTSD' [6].

Emotional problems in childhood can also affect one's social and interpersonal relationships in adulthood. Children who have difficulty regulating their emotions may struggle to form positive relationships with others, leading to loneliness and social isolation in adulthood. In contrast, children who have healthy emotional development are more likely to form positive relationships and have fulfilling social lives in adulthood. Similarly, adults who were raised in a supportive and nurturing environment tend to have better emotional regulation and coping skills, higher levels of resilience, and stronger social support networks [7]. Emotional development in childhood can also influence a person's career and academic success in adulthood. Children who have healthy emotional development are more likely to have higher self-esteem, be more resilient, and have effective coping mechanisms. These skills are essential for success in the workplace and academic settings. Therefore, adults who have difficulty managing their emotions may also experience relationship problems, work-related stress, and physical health problems. For example, chronic stress can lead to a weakened immune system, increased blood pressure, and a higher risk of heart disease [8].

Despite the long-term impact of childhood emotions, adults can still learn to manage their emotions and improve their mental health and well-being. Some effective strategies for managing emotions include:

1. **Mindfulness meditation:** Mindfulness meditation involves paying attention to the present moment without judgment. This practice has been shown to improve emotional regulation and reduce symptoms of anxiety and depression [9].

2. **Cognitive-behavioral therapy:** Cognitive-behavioral therapy is a type of therapy that helps individuals identify and change negative thought patterns and behaviors. This therapy has been shown to be effective for treating a range of mental health problems, including anxiety and depression [10].

3. **Exercise:** Regular exercise has been shown to reduce symptoms of anxiety and depression and improve overall mental health and well-being [11].

4. **Social support:** Building strong social support networks can help individuals manage stress and improve their mental health [12].

Conclusion

In conclusion, the emotional development of children has a profound impact on their adult lives. Emotional bonds formed during infancy with caregivers provide a foundation for secure exploration and the development of a complex emotional repertoire. Genetics, environment, and parental behavior are significant factors influencing emotional development. Research suggests that children of parents with anxiety or depression are more likely to experience emotional problems, highlighting the role of genetics. The environment, particularly adverse childhood experiences, can have long-lasting effects on emotional development.

Parental behavior plays a crucial role in emotional development, with warm and supportive parents fostering healthy emotional development, while cold and unresponsive parents may contribute to emotional problems. Emotional difficulties that arise in childhood often persist into adulthood, affecting mental health and overall quality of life. These challenges can impact social relationships, leading to loneliness and social isolation, or positive emotional development, facilitating fulfilling relationships and strong social support networks.

Moreover, emotional development in childhood can influence an individual's career and academic success. Those with healthy emotional development tend to have higher self-esteem, resilience, and effective coping mechanisms, essential for success in various settings. Difficulties in managing emotions can lead to relationship problems, work-related stress, and physical health issues. Fortunately, adults can still learn to manage their emotions and improve their mental well-being. Strategies such as mindfulness meditation, cognitive-behavioral therapy, regular exercise, and building social support networks have shown effectiveness in enhancing emotional regulation, reducing anxiety and depression symptoms, and improving overall mental health.

Understanding the significance of emotional development in childhood enables individuals to address emotional challenges and work towards achieving healthier emotional well-being. By investing in emotional regulation and seeking support, individuals can positively impact their mental health, relationships, and overall life satisfaction.

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