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SILENT HISTORIES, LOUD BEHAVIOURS: UNDERSTANDING THE IMPACT OF INTERGENERATIONAL TRAUMA ON CHILDREN

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ABSTRACT
This research was conducted to examine intergenerational trauma and its impact on behaviour toward authority among children in Balochistan. This study help to explore communities subjected to war conflict, political instability, marginalization, displacement, disappearances and poverty tend to transfer a knock-on impact of trauma to successive generations. Among children, this collective/historical trauma may be linked to oppositional or authoritarian-defiant tendencies.Deep wounds have been inflicted on communities by systematic violations of human rights.Purposive sampling technique was applied as the data collected from 364 children of Quetta region of Balochistan.The survey comprised of a Historical/Intergenerational Trauma questionaire (HITT-Q) and Authoritarian Rebellion scale. Data were coded and entered into SPSS applying descriptive statistics, Pearson correlations and independent samples t-test.Intergenerational trauma demonstrated strong correlations with rebellious behavior while intergenerational trauma and rebellious behavior both present more in male children than females. Findings of research shows that intergenerational trauma is present in children of Balochistan causing defiance against authority.
Keywords: *Political instability, Enforced disappearances, Marginalization, Intergenerational trauma, Rebellious behavior*

INTRODUCTION

The diagnostic and statistical manual of mental disorders, fifth edition (DSM-V) identifies four methods in which trauma may occur through firsthand experience, seeing a traumatic event, hearing about a violent or unintentional catastrophic event that happened to a close friend or relative or consistently or intensely being exposed to graphic information on a horrible event (American Psychiatric Association, 2013).Interpersonal trauma, like abuse, and non-interpersonal trauma, like accidents or natural catastrophes, are the two main categories into which trauma types are typically divided (Thomas et al., 2021).

Transgenerational trauma refers to the transfer of psychological distress, emotional suffering, and maladaptive coping mechanisms from one generation to another due to historical oppression, war, displacement, or socio-political violence (Bombay et al.,

2009). Rebellious behavior is a word that describes intentional defiance against authority, social norms or parental expectations.Such signs of rebellion as elevated defiance, risk-taking, and rule-breaking characterize such a cross-section. It also consists of the lack of justice or psychological distress (Nanda et al., 2012). According to theoretical perspective lens, intergenerational trauma has impacts on behaviour like General Strain theory proposes that stress over finances, family, school, victimization by criminals, racial discrimination or stress within the community may trigger an increase in criminal behaviour.While according to Postcolonial Trauma Theory, Violence is a type of catharsis or reclaiming agency that results from historical trauma caused by colonialism and repression in oppressed populations (Frantz Fanon, 1961).Dollard (1939) put out Frustration-Aggression Hypothesis that says People feel compelled to act aggressively towards the thing that is frustrating them,which holds that anger frequently results in violence.

Social marginalization and displacement in the Turkish of Bulgaria,Forced assimilation policies and state repression in Native Canadian communities,Structural racism and discrimination in Black Americans,Government public policies of reserve schools in Aboriginal Australian children and Cultural Erasure in indigenous people of the America were causing intergenerational trauma and rebellious behaviour among people (Sotero,2006).The problem in Balochistan are social injustice,the hmanitarian challenges,enforced displacement and government public policies made condition worse.In Balochistan, where it is reported that 54% of children are not in school, the highest percentage in Pakistan, and that the province has the lowest literacy rate in Pakistan. (PSLM/HIES 2018-19: Pakistan Social & Living Standards Measurements Survey) . According to Ghulam Ali Baloch, the provincial secretary for education, there are about 2,000 "ghost" schools and about 4,000 "ghost" teachers, institutions, and educators which are either non-functional otherwise just appear on reports (Dawn Syed Ali Shah,2013).A lack of connectivity in this province, which makes up 44% of the nation's land area, security concerns, or a lack of political will or desire to change the province's circumstances could all be to blame for this (UNICEF, 2017).A Human Rights watch research shows that 8,463 went missing between 2011 and January 2024.

LITERATURE REVIEW

Brave Heart (1998) explore that American Indians lost so much because of European contact and colonisation huge losses in human life, large amounts of territory and their culture. Consequently, they have a long tradition of chronic trauma and untreatable grief that have been inherited over the generations. Suicide, homicide, spousal violence, child abuse, alcoholism, and other social problems of the American Indians are related to this phenomena which has been termed as historical unresolved grief.The extensive body of research on Jewish Holocaust survivors and their offspring is used to illustrate how trauma, bereavement, and the survivor's kid complex are passed down through generations.The article describes interventions for grieving and healing those losses that are based on contemporary western therapeutic approaches and traditional American Indian ceremonies.

In 2009, Amy Bombay reviewed research on intergenerational trauma among Aboriginal people in Canada.Stressing situations may impact the well-being in the

immediate future, with stressing effects that can long-term physical and affecting coping mechanisms, life styles, parenting behaviours, behavioural and neural responses of many individuals.Moreover, the damaging aspects of traumatic events can prove to be intergenerational via these and other means and ways.He describe the impact of various factors (age, sex, early life or other experiences, appraisals, coping strategies, and stressor chronicity, controllability, predictability, and ambiguity) on vulnerability to pathology in review.He also outline some of the behavioural disturbances linked to stressful/traumatic experiences, such as depression, anxiety, posttraumatic stress disorder, and substance abuse disorder. Furthermore,trauma may predispose people to further stressors and heighten their reaction to them (Javaid et al., 2024).

Hypothesis:

1. There would be significant relationship between intergenerational trauma and rebellious behavior.
2. There would be a significant difference in scores on intergenerational trauma scale among male and female children.
3. There would be a significant difference in scores on Authoritarianism Rebellion Scale among male and female children.

METHOD

Sample

The research design used to assess the effect of intergenerational trauma on the children in Balochistan is quantitative research design. A purposive sampling method were employed to collect data from 364 children aged 8-12 years from conflict-affected families.

Measures

The Historical Intergenerational Trauma Questionnaire (HITT-Q)

The Historical Intergenerational Trauma Questionnaire (HITT-Q) was developed by Bekes and Starrs in 2024. The HITT-Q is a self-report questionnaire that find the impact of collective historical trauma on families and their descendents.This is 65 items scale whose scoring range from 0 to 4 means it is 5 likert scale.Firstly participent select first two items.If event and loss is present then questionnaire start.The HITT-Q assesses the family and offspring self-reported vulnerability and resilience, as well as offspring historical moral injury and current levels of insidious trauma.

Authoritarianism Rebellion Scale

The authoritarianism rebellion scale is 30 item.Scale was developed by John in 1972 to measure the rebellious tendency of children against the authority.Questions are scored on a 1-6 scale, with the total scale sum its score is calculated as a sum of the questions. What this implies is that when a person scores 1 it would now score 6.

Procedure

In order to achieve the safety and ethical welfare of child participants, researchers adhere to the strict ethical procedures guidelines. The informed consent from parents of participants was obtained and participants were informed that they can withdraw any time they wish. Standardized psychological assessment tools, such as Historical

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Intergenerational Trauma Questionnaire (HITT-Q) measures trauma transmission from parents to children and Authoritarianism rebellion scale to measure rebellious behavior of children. This research is conducted with sensitivity, ensuring a trauma-informed approach that prioritizes child safety, emotional well-being, and voluntary participation.

RESULTS

Table 1

Pearson correlations between intergenerational trauma and authoritarian rebellion (N = 364)

Variables	*M*	*SD*	
HITT-Q	192.39	*19.011*	
ARS	91.08	14.653	*.967***

Table 1 shows strong relationship between intergenerational trauma and rebellious behaviour means intergenerational trauma has impact on behaviour of children.

Table 2

Independent Samples t-test of male and female on The Historical Intergenerational Trauma Questionnaire (HITT-Q)(N=364)

Group	Mean	S.D	df	T-test	p
HITT-Q					
Male(N=182)	190.11	19.05	362	-2.302	0.022
Female(N=182)	194.67	18.74			

Table II indicates that male had higher intergenerational trauma than female. It also supports the results that there is a significant diference between female and male scores on Historical Intergenerational Trauma.

Table 3

Independent Samples of t-test of male and female on authoritarian rebellion scale (N=364)

Group	Mean	S.D	df	T-test	p
ARS					
Male(N=182)	89.42	14.86	362	-2.172	0.031
Female(N=182)	92.74	14.28			

Table III indicates that male had higher rebellious behaviour than female. It also supports the results that there is a significant diference between female and male scores on authoritarian rebellion scale.

DISCUSSION

The study intended to learn the existence of intergenerational trauma among the children in Balochistan and how it impact on rebellious behavior. The results add to the emergent literature of trauma like it is not confined to the generation that directly experiences it but can be ongoing over the generations as memory, emotion and bodily reaction. The study by investigating children provides insight into how collective suffering influences identity, behaviour and psychological impact in a vulnerable group in a conflict-affected area.

The findings revealed that there was significant relationship between intergenerational trauma and incidence of rebellious behaviour in children. This result falls in line with Ecological Systems Theory (Bronfenbrenner, 1979), which puts emphasis on how macro-systems, including political instability and community violence, influence the development of a child, via family processes. In the Baloch context, the result of parents being exposed to repression and displacement brings about micro-level stressors that are inherited by the children and can be displayed as defiance against power. Attachment Theory (Bowlby, 1988) presents the same issue, trauma not resolved at the parental level may interfere with the providing of secure attachment, causing children to express this stress in the form of oppositional behaviors. These results are comparable to those observed among the war-exposed populations in which the parental trauma forecasts child aggression and risk-seeking (Betancourt et al., 2010).Narrative Identity Theory (McAdams, 2001) can further be used to describe the effects of parental storytelling, silences, and cultural myths on children to help them develop a sense that they are heirs of trauma. In this manner, rebellion becomes a part of childhood narration identity making a connection between individual actions and history.

The Baloch political and cultural background plays a pivotal role in explaining these results. For many years, forced disappearances, economic disparity, and ingrained marginalization have existed in the province, leaving kin and family with unresolved grief and resentment (Human Rights Watch, 2024). These experiences are conveyed in domiciles and they are delivered by oral accounts of loss and by silences that say a lot. This is a reflection of the so-called cultural trauma framework (Alexander, 2004), which holds that memory of a group suffering is incorporated into collective identity and determines how children recognize themselves and the surrounding reality. Rebelliousness among Baloch children, then, cannot be explained as mere defiance; this is a combination of historical accounts of struggle and subsistence.

Conclusion

This paper was an attempt to locate the existence of intergenerational trauma among children in Balochistan and study its relationship with rebellious nature. The outcomes confirm the idea that trauma is not only an experience of an individual but a heritage, which is cumulative and transferred through family-level communication, silence, and culture, and it may be transmitted biologically as well. Trauma exposure highly predicted rebellion to Baloch children. This evidence is similar to published studies on conflicted populations elsewhere in the world but also points at the local socio-political and cultural setting of Balochistan, where rebellion cannot be reduced only to deviance but also to identity and survival.

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