

Impact of Trauma on Resilience Building and Self Concept in Men: A Psychological Perspective

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Abstract

This study aims to investigate the repercussions of trauma on the cultivation of resilience and self-concept among unmarried young adult males. The research utilizes a questionnaire-based methodology along with rigorous statistical analysis to gather empirical evidence. Revised-Impact Of Events Scale (R-IES) is used to measure the trauma history and its impact in a person, Nicholson McBride Resilience Questionnaire (NMRQ) and Mohsin Self Concept Inventory tools were used to take the responses of the participants (N=50). By focusing on this demographic, we aim to illuminate the ways in which adverse experiences shape their ability to bounce back from hardships and perceive themselves positively.

Keywords: Trauma, Resilience building, Self concept, Post-traumatic growth, Male identity.

Introduction

Understanding the impact of trauma on psychological well-being is crucial for developing effective interventions and support systems, particularly among male populations. Trauma can have profound effects on individuals' resilience and self-concept, influencing their ability to cope with adversity and maintain a positive sense of self. This research aims to explore the relationship between trauma, resilience building, and self-concept in males, shedding light on the psychological dynamics following traumatic experiences.

Trauma

Trauma is a psychological response to an event or experience that is deeply distressing or disturbing. It overwhelms an individual's ability to cope, leaving them feeling helpless, fearful, or threatened. Traumatic events can be diverse and may include:

- Physical Trauma: Such as accidents, injuries, or assaults.
- Emotional or Psychological Trauma: Including abuse (physical, emotional, or sexual), neglect, or witnessing violence.
- Environmental Trauma: Such as natural disasters or community violence.
- Developmental Trauma: Resulting from adverse childhood experiences (e.g., neglect, abuse, household dysfunction).

Key Theoretical Frameworks:

- Post-Traumatic Stress Disorder (PTSD): Trauma can lead to PTSD, characterized by symptoms like flashbacks, nightmares, hypervigilance, and avoidance behaviors.
- Trauma Theory: This theory explores how trauma disrupts an individual's sense of safety, leading to emotional dysregulation and changes in worldview.
- Cognitive Behavioral Theory (CBT): CBT examines how trauma affects thoughts, emotions, and behaviors, emphasizing the role of distorted cognitions and maladaptive coping strategies.

Trauma in Male

Males experience trauma differently due to various factors, including biological, social, and cultural influences:

- Gender Differences: Traditionally, males may face unique stressors like combat exposure (for military personnel), physical violence, or societal expectations related to stoicism and self-reliance.
- Societal Expectations: Traditional masculinity norms may discourage males from expressing vulnerability or seeking help after traumatic experiences, leading to underreporting or delayed treatment.
- Coping Mechanisms: Males may utilize distinct coping strategies, such as action-oriented responses (e.g., aggression, substance use) or withdrawal and emotional distancing.

Specific Considerations for Male Trauma

1. Underreporting: Males may be less likely to report or acknowledge trauma due to fear of stigma or concerns about appearing weak.
2. Impact on Identity: Trauma can challenge traditional notions of masculinity, affecting self-concept and identity formation.
3. Risk of Externalizing Behaviors: Some males may exhibit externalizing behaviors (e.g., aggression, risk-taking) as maladaptive coping responses to trauma.
4. Barriers to Treatment: Social and cultural factors can create barriers to accessing mental health services, limiting males' ability to seek appropriate treatment for trauma-related issues.

Resilience Building

Resilience is the ability to adapt and bounce back from adversity, demonstrating psychological strength and flexibility in the face of challenges. Resilience building involves the development of coping strategies, support networks, and positive psychological resources that enable individuals to navigate difficult circumstances and thrive despite adversity. Factors that contribute to resilience building include social support, positive relationships, problem-solving skills, optimism, self-efficacy, and a sense of purpose or meaning in life. In the context of this research, resilience building refers to the process by which males develop and enhance their capacity to cope with traumatic experiences and maintain psychological well-being.

Key Aspects of Resilience Building:

1. Adaptability: Resilience involves the ability to adapt positively to changing circumstances and challenges.

2. **Positive Coping Strategies:** Resilient individuals employ effective coping mechanisms to manage stress and adversity, such as problem-solving, seeking social support, and practicing self-care.
3. **Emotional Regulation:** Resilience includes the capacity to regulate emotions and maintain a balanced perspective during difficult times.
4. **Optimism and Hope:** Resilient individuals tend to maintain optimism, hope, and a sense of purpose, even in challenging situations.
5. **Sense of Control:** Resilience often involves a sense of control over one's actions and responses, focusing on what can be changed or influenced.

Theoretical Frameworks of Resilience:

Several theories contribute to our understanding of resilience:

1. **Transactional Model of Stress and Coping (Lazarus and Folkman):** This model emphasizes the dynamic interaction between an individual and their environment, highlighting the importance of coping strategies in managing stress and adversity.
2. **Ecological Systems Theory (Bronfenbrenner):** This theory underscores the influence of various systems (microsystem, mesosystem, exosystem, macrosystem) on an individual's resilience, emphasizing the role of supportive environments and relationships.
3. **Post-Traumatic Growth (Tedeschi and Calhoun):** This concept suggests that individuals can experience personal growth and positive change following adversity, illustrating the transformative potential of resilience.

Components of Resilience:

1. **Personal Attributes:** Certain personality traits (e.g., optimism, perseverance, flexibility) contribute to resilience.
2. **Social Support:** Strong relationships and social networks provide emotional, practical, and informational support during challenging times.
3. **Cognitive Skills:** Resilient individuals often exhibit effective problem-solving abilities, adaptive thinking patterns, and the capacity for perspective-taking.
4. **Emotional Intelligence:** Awareness and regulation of emotions facilitate resilience by promoting adaptive responses to stress.

Self Concept

Self-concept refers to the beliefs, perceptions, and evaluations individuals hold about themselves, encompassing their thoughts, feelings, and attitudes towards their own identity and worth. Self-concept is shaped by various factors, including personal experiences, social interactions, cultural influences, and feedback from others. A positive self-concept is characterized by feelings of self-worth, self-acceptance, and a coherent sense of identity, while a negative self-concept may involve feelings of inadequacy, self-doubt, and insecurity. In the context of this research, self-concept in males refers to how they perceive themselves in relation to their experiences of trauma and their ability to cope with adversity, as well as how these perceptions influence their overall psychological well-being and functioning.

Aspects of Self-Concept:

1. **Self-Identity:** This refers to how individuals define themselves in terms of personality traits, roles, relationships, and group memberships.
2. **Self-Esteem:** Self-esteem reflects the overall subjective evaluation of one's worth and value as a person. It can be influenced by achievements, social comparisons, and feedback from others.
3. **Self-Efficacy:** Self-efficacy refers to the belief in one's ability to successfully accomplish specific tasks or goals. It plays a crucial role in motivation and goal-directed behavior.
4. **Self-Image:** This includes the mental and emotional picture individuals have of themselves, encompassing physical appearance, capabilities, and perceived strengths and weaknesses.

Components of Self-Concept:

1. **Self-Consistency:** The need to maintain stability and coherence in one's self-concept over time and across situations.
2. **Self-Clarity:** The extent to which individuals have a clear and coherent understanding of their own thoughts, feelings, and behaviors.
3. **Self-Verification:** The tendency to seek confirmation of one's existing self-concept through interactions and relationships with others.
4. **Self-Expansion:** The process of incorporating new experiences and identities into one's self-concept, leading to personal growth and development.

Literature Review

Lee, C., Yun, B., Lee, W.-T., Sim, J., Kim, C.-N., Won, J.-U., & Yoon, J.-H. (2022) In the provided research, the relationship between depressive symptoms and resilience among medical staff in a military hospital dedicated to treating COVID-19 patients was investigated. The study found a significant inverse relationship between depressive symptoms and resilience, even after adjusting for demographic and occupational characteristics. Specifically, individuals with low resilience had a higher prevalence of depressive symptoms. The study highlighted the importance of resilience in mitigating depressive symptoms, especially in the face of stressful situations such as the COVID-19 pandemic. It emphasized that enhancing stress resilience can decrease the likelihood of developing stress-induced depression and anxiety. Additionally, the study noted the role of emotional regulation in reducing depression, anxiety, and stress among hospital staff during the pandemic.

Mondragon, S. A., Wang, D., Pritchett, L., Graham, D. P., Plasencia, M. L., & Teng, E. J. (2015) This research sheds light on the influence of military sexual trauma (MST) on returning OEF/OIF male veterans. OEF/OIF male veterans are individuals who have served in the military during the conflicts in Afghanistan (Operation Enduring Freedom, OEF) and Iraq (Operation Iraqi Freedom, OIF). MST, comprising experiences of sexual harassment and/or assault during military service, significantly affects various aspects of postdeployment functioning among male veterans. Findings from the study reveal that male veterans who report MST experience lower social support and perceive higher levels of emotional mistreatment postdeployment. This highlights the detrimental impact of trauma on social and interpersonal functioning, which are crucial components of resilience building and self-concept development.

Søgaard, E. G. I., Kan, Z., Koirala, R., Hauff, E., & Thapa, S. B. (2021) The research investigates gender differences in trauma symptoms, specifically comparing victimization trauma (VT) with accidental trauma (AT). It explores whether men are relatively more affected by VT, while women are more affected

by AT. The study involved 110 trauma patients in Norway. Findings indicate significant gender differences in trauma symptoms based on the type of trauma experienced. Men affected by VT reported more symptoms related to negative self-perception, alteration in systems of meaning, intrusion, affect and impulses, and difficulty in relations with others. Conversely, women affected by AT reported more symptoms of affect and impulses. The discussion suggests that men with VT may exhibit more symptoms related to aggression, risk-taking, negative self-perception, and difficulty in relationships, while women with AT may experience more affective symptoms. Possible explanations for these differences include coping mechanisms, experiential avoidance, gender role stress, and evolutionary sociobiological factors.

Nugent, N. R., Sumner, J. A., & Amstadter, A. B. (2014) The report concludes that resilience after trauma is a multifaceted and dynamic phenomenon, influenced by various psychosocial factors such as optimism, cognitive flexibility, active coping skills, social support, physical well-being, and a personal moral compass. These factors interact to promote resilient functioning in individuals, and interventions targeting these elements can enhance post-trauma well-being. Moreover, the report emphasizes the importance of considering resilience at both the individual and community levels, highlighting the interconnectedness between personal resilience and broader community competencies. Overall, the findings underscore the need for a comprehensive understanding of resilience and its promotion in the context of traumatic experiences.

Weber, M. C. (2021) The research explores the trajectory of resilience, meaning in life, social support, posttraumatic growth (PTG), and posttraumatic stress (PTS) among emerging adult trauma survivors. It investigates the relationship between these variables and their impact on psychological well-being following trauma. The findings suggest a curvilinear relationship between PTS and PTG, indicating that recovery from posttraumatic stress through meaning-making processes leads to posttraumatic growth. Additionally, the study highlights the significance of meaning in life, particularly beyond-the-self meaning, in predicting PTG and resilience. It also suggests that adaptive coping may moderate the effects of search for meaning on resilience and PTG. Furthermore, individuals can experience posttraumatic growth without significant symptoms of depression, anxiety, or general stress. These findings provide valuable insights into the complex dynamics of coping and growth following trauma.

Fino, E., Mema, D., & Russo, P. M. (2020) The study on war trauma-exposed refugees and posttraumatic stress disorder (PTSD) offers valuable insights into the complex interplay between trauma exposure, resilience, coping strategies, and mental health outcomes, which is essential for understanding how trauma impacts resilience building and self-concept in males. Refugees and asylum seekers, predominantly males, often endure numerous traumatic events both before and after migration, rendering them susceptible to PTSD and other mental health issues. The research underscores the significant correlation between exposure to pre-migration war-related trauma, duration of residence in refugee camps, and symptoms of PTSD. This aligns with the broader understanding of how traumatic experiences can profoundly influence individuals' psychological well-being, including their self-concept. Furthermore, the study highlights the moderating influence of trait resilience in attenuating the impact of trauma on PTSD severity. Individuals with higher levels of resilience exhibit more effective coping mechanisms and are less likely to develop PTSD symptoms despite enduring significant trauma. This underscores the protective role of resilience, empowering individuals to adapt and thrive despite adversity, potentially bolstering their self-concept in the process.

Crete, G. K., & Singh, A. (2015) The phenomenological inquiry into the resilience strategies of male survivors of childhood sexual abuse (CSA) and their female partners provides valuable insights into the

intersection of trauma, resilience building, and self-concept in males. This study, grounded in Relational-Cultural Theory, explores how male survivors navigate their experiences of trauma within the context of their relationships, shedding light on their resilience processes and relational dynamics. Within the broader context of understanding how trauma impacts resilience building and self-concept in males, this research offers a nuanced perspective on the challenges and coping strategies employed by male survivors of CSA. Despite facing psychological difficulties such as shame, difficulty expressing emotions, and relationship challenges, the study reveals the existence of resilience among these individuals. Resilience manifests through processes such as meaning-making, changing cognitions, and fostering healthy personal relationships, indicating the adaptive capacities of male survivors in the face of adversity.

Downey, C., & Crummy, A. (2022) The study on childhood trauma's impact on wellbeing and adult behavior provides valuable insights into the complex dynamics of trauma, resilience building, and self-concept, particularly within the context of male survivors. By examining coping mechanisms and consequences of trauma exposure, the research sheds light on the challenges faced by individuals navigating traumatic experiences and underscores the importance of tailored interventions and social support networks in promoting resilience and positive self-concept. In the context of male survivors, the findings of the research resonate strongly with the challenges faced by individuals grappling with childhood trauma. The prevalence of depression, anxiety, and low self-esteem among male survivors underscores the profound psychological impact of trauma on mental health and self-perception. Moreover, the identification of maladaptive coping mechanisms such as denial, substance abuse, and self-isolation highlights the unique vulnerabilities faced by male survivors in navigating their trauma experiences.

Roy, A. (2018) The research titled "Influence of Childhood Adverse Experiences and Resilience on Self-esteem in Early Adulthood" provides valuable insights into the intricate dynamics between childhood trauma, resilience, and self-esteem. One key finding of the study is the significant correlation between resilience and self-esteem, indicating that individuals with higher resilience tend to have healthier self-esteem levels. This focuses on resilience as a buffer against the adverse effects of trauma on self-concept, particularly among males who may face unique societal and cultural pressures. Moreover, while the direct link between childhood adverse experiences and self-esteem was not statistically significant, the study acknowledges the potential indirect pathways through which trauma influences self-concept, with resilience playing a mediating role. This nuanced understanding aligns with my research's aim to explore the multifaceted mechanisms by which trauma impacts resilience building and self-concept formation in males.

Ijadi-Maghsoodi, R., Venegas-Murillo, A., Klomhaus, A., Aralis, H., Lee, K., Rahmanian Koushkaki, S., Patricia, L., Escudero, P., & Kataoka, S. (2022) The study "The Role of Resilience and Gender" focuses on the intricate interplay among traumatic stress, resilience, gender, and academic outcomes among minoritized youth. Notably, it reveals a stark association between traumatic stress and low GPA specifically among female students, highlighting their susceptibility to academic challenges following trauma exposure. However, the study also unveils that resilience-building assets, such as self-efficacy and school support, act as partial mediators in this relationship for females, suggesting targeted interventions could alleviate the adverse effects of trauma on academic performance. The findings highlight a significant association between traumatic stress and low GPA among female students but not males. Female students with traumatic stress risk showed higher odds of having a low GPA, indicating a potential vulnerability to academic difficulties following trauma exposure.

Rationale Of The Study

I chose this topic because it addresses a critical gap in psychological research—how trauma impacts resilience building and self-concept specifically in men. Traumatic experiences, whether in childhood or adulthood, profoundly shape individuals' psychological well-being, yet there's limited understanding of how men navigate and cope with such events. My personal experiences and aspirations motivate me to delve into this area. Witnessing the effects of trauma on male friends and family members has emphasized the importance of understanding and addressing the unique challenges they face. Additionally, as an aspiring mental health advocate, I am driven to promote gender-sensitive approaches to trauma recovery and resilience-building.

This study holds significance in addressing gender disparities in mental health care. Societal expectations often discourage men from seeking help for psychological issues, exacerbating the impact of trauma. By exploring how men navigate trauma and develop resilience, I aim to inform interventions that promote healthy coping mechanisms and prevent adverse outcomes. Furthermore, trauma can deeply affect an individual's self-concept and identity, especially for men who may struggle with expressing vulnerability or seeking support. Understanding the coping strategies utilized by men in response to trauma is crucial for developing tailored interventions that foster positive self-concept and healthier relationships. My research objectives include exploring various types of trauma experienced by men, understanding their coping mechanisms, and examining societal influences that shape their responses. By shedding light on the intersection of masculinity, trauma, and mental health, I aim to destigmatize help-seeking behaviors among men and advocate for more inclusive support systems.

Methodology Of The Study

Objective

The objective of this research is to examine the impact of trauma on resilience building and self-concept in young adult unmarried males.

Hypothesis

H1: There is a positive correlation between the trauma and resilience building in men.

H2: There is a negative correlation between the trauma and self concept in men.

H01: There is no correlation between the trauma and resilience.

H02: There is no correlation between the trauma and self concept.

Variables

- Dependent Variable (DV) - Resilience building and Self concept
- Independent Variable (IV) – Trauma

Sample Profile

Participants: Young adult males of age groups 18-25 years of age were included representing diverse demographics, religions, locations, and races.

Sample size: 50

Sampling method: Participants were selected through random sampling to ensure a representative sample.

Inclusion Criteria

- Unmarried males.
- Young adult males aged between 18 to 25 years.

Exclusion Criteria

- Married or previously married males.
- Individuals outside the specified age range of 18 to 25 years.

Research Design: The research method adopted in this study is Correlational Research.

Tools:

Impact of Event Scale –Revised (IES-R): The IES-R was developed by Daniel S. Weiss and Charles R. Marmar in 1997 to parallel the DSM-IV criteria for PTSD. The original IES was developed prior to the adoption of Posttraumatic Stress Disorder as a legitimate diagnosis in the DSM-III published in 1980, and only tap 2 of the 4 criteria set out for PTSD in the DSM-IV: intrusion and avoidance (Weiss & Marmar, 1997). IES-R was intended to tap hyperarousal cluster of symptoms, the 4th criterion for PTSD. The IES-R has 22 items, 7 items having being added to the original 15-item IES (Weiss & Marmar, 1997). Respondents are asked to rate each item in the IES-R on a scale of 0 (not at all), 1 (a little bit), 2 (moderately), 3 (quite a bit) and 4 (extremely) according to the past 7 days.

Nicholson McBride Resilience Questionnaire (NMRQ): Nicholson McBride Resilience Questionnaire (NMRQ) is a 12 item measure on resilience, created by McBride [10]. It is measured on a five point Likert scale, ranging 22 from ‘strongly disagree’ to ‘strongly agree’. Scores 0-37 a developing level of resilience, scores 38-43 indicate an established level of resilience, scores 44-48 indicate a strong level of resilience and scores 49-60 indicate an exceptional level of resilience. The reliability estimated by Cronbach’s Alpha = .76.2.

Mohsin Self Concept Inventory: Self-concept scale prepared and standardized by Dr S.M. Mohsin, the former professor and Head, Department of Psychology, Patna University, Patna, was used for measuring the self-concept of the Respondents. This scale consists of 48 items in the form of statements. Each item has two alternative answers such as ‘right’ and ‘wrong’. The subject has to choose one of the two alternative answers. If he or she considers the Alternative answer right, a tick mark (-/) is put on it and if wrong a cross mark (x) is placed on it. The scoring system is very easy. A score of one is given for the right choice and zero is awarded for the wrong choice. So, the maximum Score is 48 and the minimum score is zero. Naturally, higher the number of scores, the better the self-concept and Vice versa. The scale is highly reliable and valid as stated in its Manual.

Procedure:

The study's process began by reaching out to 50 male participants through a Google Form, which included surveys on trauma, resilience, and self-concept. Once the participants filled out the questionnaires, their responses were analyzed using SPSS software, specifically focusing on correlation analysis. The result was interpreted following the analysis, and discussion was written based on that which helped us understand the broader implications of our results for psychological practice and future research endeavors.

Result

Table 1. This table shows the descriptive statistics including the mean and standard deviation for a sample size of 50.

VARIABLES	Mean	Std. Deviation	N
Trauma	5.55	2.61	50
Resilience Building	41.66	8.86	50
Self-Concept	35.28	8.54	50

Table 2. Correlation analysis for the variables Trauma and Resilience Building given below.

Variables		Trauma	Resilience Building
Trauma	Pearson correlation	1	0.023
	Sig. (2-tailed)		0.816
	N	50	50
Resilience Building	Pearson correlation	0.023	1
	Sig. (2-tailed)	0.816	
	N	50	50

Inference: There is a negligible positive correlation (0.023) between trauma and resilience building in males, which is not statistically significant ($p = 0.816$). This suggests that trauma does not significantly impact resilience building.

Table 3. Correlation analysis for the variables Trauma and Self Concept given below.

Variables		Trauma	Self Concept
Trauma	Pearson correlation	1	0.017
	Sig. (2-tailed)		0.862
	N	50	50
Self Concept	Pearson correlation	0.017	1
	Sig. (2-tailed)	0.862	
	N	50	50

Inference: There is a negligible positive correlation (0.017) between trauma and self-concept in males, which is also not statistically significant ($p = 0.862$). This indicates that trauma does not significantly affect self-concept.

Table 4. Correlation analysis for the variables Resilience Building and Self Concept given below.

Variables		Resilience Building	Self Concept
Resilience Building	Pearson correlation	1	0.031
	Sig. (2-tailed)		0.755
	N	50	50
Self Concept	Pearson correlation	0.031	1
	Sig. (2-tailed)	0.755	

	N	50	50
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Inference: There is a very small positive correlation (0.031) between resilience building and self-concept in males, which is not statistically significant ($p = 0.755$). This suggests that there is no significant relationship between resilience building and self-concept.

Discussion

The present study aimed to investigate the impact of trauma on resilience building and self-concept in young adult unmarried males. A correlational research design was adopted, and data were collected from a sample of 50 participants aged 18 to 25 years through random sampling. Descriptive statistics, including means and standard deviations, were calculated, and correlation analysis was performed using SPSS software.

Trauma and Resilience Building

Contrary to our hypothesis (H1), the correlation analysis revealed a negligible positive correlation ($r = 0.023$) between trauma and resilience building in young adult unmarried males. However, this correlation was not statistically significant ($p = 0.816$). Thus, our findings suggest that trauma does not significantly influence resilience building in this population. These results are consistent with previous research indicating that while trauma may challenge individuals' resilience initially, it may not necessarily impede their ability to develop resilience over time.

Trauma and Self-Concept

Similarly, our results did not support our hypothesis (H2) regarding the negative correlation between trauma and self-concept. The correlation between trauma and self-concept was also negligible ($r = 0.017$) and not statistically significant ($p = 0.862$). This suggests that trauma does not significantly impact the self-concept of young adult unmarried males in our sample. These findings contradict some prior research suggesting a negative relationship between trauma exposure and self-concept. However, they align with other studies showing that individuals can maintain a positive self-concept despite experiencing trauma.

Resilience Building and Self-Concept

Interestingly, our analysis revealed a very small positive correlation ($r = 0.031$) between resilience building and self-concept, although this correlation was not statistically significant ($p = 0.755$). This indicates that while there is a tendency for higher levels of resilience building to be associated with a slightly more positive self-concept, the relationship is weak and not significant. These results suggest that resilience building and self-concept may be somewhat related but operate independently in young adult unmarried males.

Overall, our findings contribute to the understanding of how trauma influences resilience building and self-concept in young adult unmarried males. While trauma exposure did not emerge as a significant predictor of resilience building or self-concept in our sample, it is essential to acknowledge the complexity of these relationships. Factors such as coping strategies, social support, and individual differences may play significant roles in shaping individuals' responses to trauma and their subsequent development of resilience and self-concept.

Limitations of the study:

- **Sample Size:** The sample size of 50 participants may limit the generalizability of the findings to the broader population of young adult unmarried males.
- **Self-Report Measures:** The use of self-report measures may introduce response biases and social desirability effects, potentially impacting the validity of the results.
- **Cross-Sectional Design:** The correlational nature of the study and its cross-sectional design preclude causal inferences about the relationships between trauma, resilience building, and self-concept.

Future Implications:

- **Longitudinal Studies:** Future research could employ longitudinal designs to examine how trajectories of trauma exposure influence resilience building and self-concept over time.
- **Diverse Samples:** Including a more diverse sample in terms of demographic characteristics, cultural backgrounds, and trauma experiences would enhance the generalizability of findings.
- **Qualitative Approaches:** Qualitative methodologies, such as interviews or focus groups, could provide deeper insights into individuals' subjective experiences of trauma, resilience, and self-concept.

Conclusion

The present study aimed to investigate the impact of trauma on resilience building and self-concept in young adult unmarried males. Through correlational research methodology, data from a sample of 50 participants aged 18 to 25 years were analyzed. The results revealed negligible correlations between trauma and both resilience building and self-concept, with none of the correlations reaching statistical significance. Additionally, a very small positive correlation was found between resilience building and self-concept, although it was not statistically significant. These findings suggest that trauma exposure may not significantly influence resilience building or self-concept in this population.

While the study contributes valuable insights into the relationships between trauma, resilience building, and self-concept in young adult unmarried males, several limitations should be considered. These include the relatively small sample size, the use of self-report measures, and the cross-sectional design, which precludes causal inferences. Future research could address these limitations by employing longitudinal designs, including more diverse samples, and integrating qualitative methodologies to gain a deeper understanding of individuals' experiences of trauma, resilience, and self-concept.

Despite these limitations, the study underscores the importance of further research in this area to inform interventions aimed at promoting psychological well-being in trauma-exposed populations. By elucidating the complex interplay of trauma, resilience building, and self-concept, future studies can contribute to the development of more effective strategies for supporting individuals who have experienced trauma. Ultimately, enhancing our understanding of these processes is essential for fostering resilience and promoting positive psychological outcomes in young adult unmarried males and similar populations.

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