

# The Influence of Childhood Experiences on Adult Interpersonal Issues: A Review of Effects and Interventions

Jesilyn D. Peconcillo<sup>1</sup>, Domenic T. Sanchez<sup>2\*</sup>, Larry B. Peconcillo Jr.<sup>2</sup>, John V. De Vera<sup>2</sup>,  
Rumwela L. Wong<sup>2</sup>

<sup>1</sup>Elementary Department, Vicenta A. Manral Elementary School, City of Talisay, Philippines

<sup>2</sup>College of Education, Cebu Technological University-NEC, City of Naga, Philippines

Email: peconcillojesilyn@gmail.com, \*domenic.sanchez@ctu.edu.ph, larry.peconcillojr@ctu.edu.ph, john.devera@ctu.edu.ph, rumwela.wong@ctu.edu.ph

**How to cite this paper:** Peconcillo, J. D., Sanchez, D. T., Peconcillo Jr., L. B., De Vera, J. V., & Wong, R. L. (2022). The Influence of Childhood Experiences on Adult Interpersonal Issues: A Review of Effects and Interventions. *Open Journal of Social Sciences*, 10, 166-178.  
<https://doi.org/10.4236/ojs.2022.104012>

**Received:** March 12, 2022

**Accepted:** April 12, 2022

**Published:** April 15, 2022

Copyright © 2022 by author(s) and Scientific Research Publishing Inc.

This work is licensed under the Creative Commons Attribution International License (CC BY 4.0).

<https://creativecommons.org/licenses/by/4.0/>



## Abstract

This brief article investigated the impact of adult interpersonal issues caused by undesirable childhood experiences. While it is simple to raise strong-willed children, it is much more difficult to heal broken men as a result of childhood physical and emotional trauma, tragic events, the harsh effects of the Covid-19 pandemic, calamities, and others. The goal of this study was to assess childhood experiences in order to better understand the characteristics, occurrences, and effects on interpersonal relationship problems as the child grows into an adult. The researchers used a deliberate approach and assessment to investigate the links between childhood development, the effects of traumatic experience, and adult inter-personal issues. This included reviewing discussions and recommendations from a variety of academic and scientific articles relevant to the study. The findings of the justified review could help illuminate practical programs and psychological interventions for dealing with childhood trauma, as well as providing guidance for future actions by parents, educators, and others.

## Keywords

Adolescent, Childhood Trauma, Childhood Development, Covid-19, Interpersonal Issue, Pandemic, PTSD

## 1. Introduction

God gives us children as a gift (Fenik, 2019). Caring for them can be challenging in the sense that parents must make ends meet in order to raise their children