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The relationship between psychological birth order, social anxiety and childhood trauma

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Abstract--The research was carried out to examine the relationship between psychological birth order, social anxiety and childhood traumas of adult participants. Childhood Trauma Scale, Liebowitz Social Anxiety Scale, White-Campbell Psychological Birth Order Inventory and demographic information form prepared by the researchers were applied to a total of 456 participants, 270 women and 186 men, aged 18-45 years. The sub-dimensions of the Liebowitz Social Anxiety Scale are fear/anxiety and avoidance. The sub-dimensions of the Childhood Trauma Scale are emotional abuse, physical abuse, physical neglect, emotional neglect and sexual abuse. According to the findings; It was determined that there was a moderate positive and significant relationship between childhood traumas and psychological birth order in middle children. It was determined that there was a moderate and negative relationship between sexual abuse and the Persuasive and Charmer youngest children of male gender. Based on the Social Anxiety Scale, it was determined that the middle children of female gender who were physically neglected and abused avoid social anxiety. It was concluded that the middle and the only children of male gender who were physically and emotionally neglected had social anxiety. While the sibling who is exposed to emotional neglect (depending on the birth order) is the middle and female participants, it is also seen in the middle and the only children of the male gender. It was found that the middle children of male and female gender were physically abused. Compared to other children, it was concluded that only and middle children of female gender and middle children of male gender suffered the most emotional abuse. In this study, according to the results obtained by adhering to the hierarchical regression analysis, it was seen that the variable that most explained social anxiety in women

was emotional neglect, while the variable that most explained social anxiety in men was physical neglect.

Keywords---psychological birth order, social anxiety, childhood traumas, neglect, abuse.

Introduction

The perceptions, sensations and behaviors that individuals bring from their childhood experiences affect their behaviors. For this reason, in order to understand the basis of individuals' behaviors, it is an important factor in what kind of family environment they were brought up in their childhood (Cüceloğlu, 1991). It is stated that children raised in the same family environment have different developmental characteristics, and even if these children are twins, they can have very different childhood experiences (Ekşi, Sevim & Kurt, 2016). The way the child perceives his position in the family and the problems it brings have been the question of debate. In this context, Adler was the first theorist to study the birth order, the quality of siblings' relations, the way the family perceives the presence of other children and its effects on the developmental status of children (Geçtan, 2010). According to (Adler, 2011), the development of each child may differ according to his position at the time of birth with his siblings. In other words, it has an important place in determining the position of children in the family and their psychological development by adhering to their birth order. As (Adler, 2011) states, children brought up in families are not the same, and the point expressed about birth order is evaluated psychologically rather than biologically.

The eldest child (firstborn) is incur more responsibility than his siblings and has traditional values and a tendency to compete. The approval and satisfaction of the adults, especially the parents, is extremely important for the firstborns. They do not oppose the authority, moreover, they respect and attach great importance to the rules (Ashby, LoCicero and Kenny, 2003). Since the first child is an only child until the next child is born, he gets all the attention and is pampered because he is in the limelight. First-borns always prefer to be the first and only in every subject, as they do not want to share the interest and enter into competition (Shulman & Mosak, 1977). These children find themselves pushed out of the limelight as a result of the unexpected involvement of their siblings in the family environment. (Adler, 1985; Corey, 2008; Geçtan, 2008). While an only child has similar characteristics with the firstborns, it can also cause negative situations in terms of growing up in an environment that is deprived of social behavior, sharing and cooperation (Shulman & Mosak, 1977; Adler, 1985; Corey, 2008). Only children have always wanted to be the center of attention because they were raised spoiled and overprotected by their parents, and they also expect this privilege from their environment. But when it comes to the birth of the siblings and the place of the first child is in danger, they feel hard done by their parents. (Adler, 1985; Corey, 2008; Geçtan, 2008) Middle children are seen as mediators who provide peace and tranquility in the family (Ekşi, Sevim & Kurt, 2016). In addition, they may feel stuck between the first and the youngest children and may have beliefs that she is not as successful and talented as they are, and may

compete with them because of this belief (Shulman & Mosak, 1977). The middle children's competition with his siblings not only helps them to improve themselves and to achieve success, but it can also cause them to give up directly or accept the thought of being defeated early (Adler, 1985; Geçtan, 2008). The youngest child remains the "youngest child in the family" because s/he believes that there will be no one born after him/her who wants to take his place and does not have to share the interest of his family with his/her other siblings. This may cause the child to develop a spoiled personality. The youngest child, who is in the center of attention, tends to exhibit egocentric attitudes (Ekşi, Sevim & Kurt, 2016). This interest can prevent children from regaining their independence. In addition, The youngest child is likely to feel inadequate because believes that others are more capable and powerful than himself/herself. (Adler, 1985; Geçtan, 2008).

Lenore C. Terr defined the concept of childhood traumas as "a mental result of a sudden or a series of external impacts, temporarily rendering the person helpless in early life and disrupting the usual coping and defense mechanisms in the past" (Terr, 1991). Briere (1992) classified the subtypes of childhood traumas as physical abuse, sexual abuse and psychological abuse and psychological neglect. Physical abuse is the demonstration of actions involving physical contact with the child by the parent or caregiver, and these actions cause a certain level of tissue damage. Sexual abuse is sexual acts against a child based on an age-related power inequality in order for the abuser to achieve sexual satisfaction. Briere (1992) Physical abuse, physical action by a parent or caregiver against a child involves causing tissue damage, while psychological abuse is the constant exposure of the person to rejection, criticism, and devaluation or humiliation by their caregivers, psychological neglect includes not providing adequate care, support, cautioning and warmth by the parents or caregivers (Briere, 1992; Yüksel, 2012).

The onset of social anxiety disorder (SAD) symptoms is based on childhood experiences according to some researchers and adolescence according to others. However, it is generally based on early experiences (Yüksel, 2012). When the literature is examined, it is seen that there are not many studies on the relationship between childhood traumas and SAD. Different methodologies were mostly used in the studies, and it was stated that emotional abuse and neglect were not evaluated in most of them (Yüksel, 2012). David et al. (1995), in their study, it was found that 13 of 51 patients with anxiety disorder had SAD and had a higher rate of physical and sexual abuse compared to the control group (David et al.). (Stein et al., 1996), it was found that 55 of 125 patients with anxiety disorders had SAD, and physical and sexual abuse was found to be higher compared to the control group (Stein et al., 1996). However, in this study, a comparison of individuals with SAD with the control group was not made. Considering the comparison of SAD patients with patients with other anxiety disorders; first, in the study conducted by (Mancini et al., 1995), the prevalence of physical and sexual abuse was the same in 205 patients diagnosed with social phobia, panic disorder, obsessive compulsive disorder (OCD) and generalized anxiety disorder, In one of the recent studies, it was found that the traumas caused by physical and sexual abuse of individuals in a sample group of 205 people with generalized anxiety disorder and panic disorder, 46 patients with

social anxiety disorder were found to be significantly lower in SAD patients compared to panic disorder patients (Safren et al., 2002).

Methods

This research is carried out within the framework of the correlational survey model to examine the relationship between psychological birth order, childhood traumas and social anxiety in male and female participants aged 18-45.

Participants

The sample of the study consists of 456 participants. Of these participants, 270 (59.2%) were female and 186 (40.8%) were male. 44 (9.6%) of the participants are primary school graduates, 48 (10.5%) are secondary school graduates, 107 (23.5%) are high school graduates, 233 (51.1%) are university graduates, 24 of them (5.3%) have a master's degree or higher. Of the participants, 181 (39.7%) were married, 275 (60.3%) were single, 58 (12.7%) had 1 sibling, 145 (31.8%) had 2 siblings, 123 (27%) have 3 siblings, 71 (15.6%) have 4 siblings, 59 (12.9%) have more than 4 siblings. The mean age of the participants ($\bar{X}=29$, $SD=8$), was 18 as the youngest and 45 as the oldest.

Measures

White-Campbell Psychological Birth Order Inventory

The White-Campbell Psychological Birth Order Inventory was developed by Campbell, White and Stewart in 1991 and was revised in 1998. It was adapted to Turkish (Kalkan, 2005) in his study (Kalkan, 2008a). Individuals answer the 42-item test as "yes" and "no", and they have separate scoring systems for men and women. It has a format that individuals can apply to themselves. The scale consists of 4 sub-dimensions. These are; the Firstborn Psychological Birth Order, the Middle Child Psychological Birth Order, the Youngest Child Psychological Birth Order, and the Only Child Psychological Birth Order (Ekşi, Sevim & Kurt, 2016). The construct validity of the scale was investigated through factor analysis. According to the analysis, it was determined that there were four factors explaining 49.85% of the total variance for women, and four factors explaining 50.27% of the total variance for men.

Liebowitz Social Anxiety Scale

Liebowitz developed the Social Anxiety Scale in 1987 (Heimberg et al., 1999). It is the most widely used and applied social anxiety rating scale by clinicians. It evaluates the level or degree of anxiety with 13 typical social or performance situations, as well as the frequency of avoidance, with scores between 0-3. Generally, the total score is used, but, it is also calculated depending on the subscale scores in order to calculate the level of anxiety, avoidance or performance status and social interactions. The Turkish validity and reliability study (Soykan et al., 2003) was performed by Soykan et al. (2003).

Childhood Trauma Questionnaire

The Childhood Trauma Questionnaire was developed in 1994 by Bernstein et al. (Bernstein, 1994). It is a self-report scale that evaluates physical, emotional and sexual abuse and physical neglect in childhood. The version used in the study consists of 28 items. Each item of the scale is graded with a score between 0 and 5. The Turkish validity and reliability study was performed by Aslan and Alparslan (Aslan & Alparslan, 2000).

Data Analysis

By using Pearson Correlation analysis, the relationship of Liebowitz Social Anxiety Scale, Childhood Trauma Scale, and White-Campell Psychological Birth Order Scale with each other, and predictiveness using Hierarchical Regression Analysis are examined. The p value to be referenced is 0.05 and the confidence interval value is 95%.

Findings

Table 1. Relationship between Liebowitz Social Anxiety Scale, Childhood Trauma Questionnaire and White-Campell Psychological Birth Order Inventory

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
1- Liebowitz Social Anxiety Scale	1																
2-Anxiety/Fear	,92**	1															
3-Avoidance	,94**	,75**	1														
4- Childhood Trauma Questionnaire	,35**	,22**	,42**	1													
5-Emotional Abuse	,28**	,23**	,29**	,70**	1												
6-Physical Abuse	,11*	0,08	,12**	,51**	,32**	1											
7-Physical Neglect	,38**	,22**	,48**	,78**	,34**	,27**	1										
8-Emotional Neglect	,32**	,20**	,37**	,81**	,45**	,17**	,65**	1									
9-Sexual Abuse	0,08	-0,00	,15**	,62**	,35**	,28**	,36**	,25**	1								
10-Peacemaker and Pleaser Firstborn-Female	,13*	0,09	,15*	0,00	-0,09	0,09	-0,03	-0,02	0,09	1							
11-Ignored and Neglected Middle Child- Female	,28**	,16*	,36**	,70**	,39**	,41**	,54**	,50**	,49**	0,10	1						
12-The Persuasive and Charmer youngest child - Female	-0,05	-0,06	-0,03	-0,05	-,14*	0,08	0,02	-0,12	0,06	,24**	0,05	1					
13-Only Child who is monopolizes his parents' attention and resources- Female	,21**	,26**	,15*	,29**	,33**	0,12	0,12	,19**	,18**	,13*	,32**	0,03	1				
14-Peacemaker and Pleaser Firstborn-Male	-0,05	-0,01	-0,08	0,07	,15*	0,05	0,06	0,00	0,02	-	-	-	-	1			
15-Ignored and Neglected Middle Child- Male	,30**	,37**	,21**	,59**	,45**	,39**	,49**	,69**	0,13	-	-	-	-	,19*	1		
16-The Persuasive and Charmer youngest child- Male	-,20**	-,20**	-,18*	-,19**	-0,12	-0,14	-0,08	-0,12	-,31**	-	-	-	-	,25**	-0,06	1	
17-Only Child who is monopolizes his parents' attention and resources- Male	,34**	,40**	,25**	,35**	,25**	0,13	,36**	,47**	0,02	-	-	-	-	0,08	,56**	-0,05	1

$p < 0.01$ * $p < 0.05$ Test used: Pearson Correlation Test

Moderate and positive correlation between Liebowitz Social Anxiety Scale and Childhood Trauma Questionnaire ($r=.35$, $p<0.01$), weak and positive relationship between Liebowitz Social Anxiety Scale and Emotional Abuse ($r=.28$, $p<0.01$), weak and positive relationship between Liebowitz Social Anxiety Scale and Physical Abuse ($r=.11$, $p<0.05$), moderate and positive correlation between Liebowitz Social Anxiety Scale and Physical Neglect ($r=.38$, $p<0.01$), moderate and positive correlation between Liebowitz Social Anxiety Scale and Emotional Neglect ($r=.32$, $p<0.01$),

Weak and positive relationship between the Liebowitz Social Anxiety Scale and the Peacemaker and Pleaser Firstborn-Female ($r=.13$, $p<0.05$), weak and positive relationship between Liebowitz Social Anxiety Scale and Ignored and Neglected Middle Child- Female ($r=.28$, $p<0.01$), weak level and positive relationship between Liebowitz Social Anxiety Scale and Only Child who is monopolizes his parents' attention and resources- Female ($r=.21$, $p<0.01$), moderate and positive correlation between the Liebowitz Social Anxiety Scale and Ignored and Neglected Middle Child- Male ($r=.30$, $p<0.01$), weak and negative correlation between Liebowitz Social Anxiety Scale and The Persuasive and Charmer youngest child- Male ($r=-.20$, $p<0.01$), there is a moderate and positive correlation between the Liebowitz Social Anxiety Inventory and Only Child who is monopolizes his parents' attention and resources- Male ($r=.34$, $p<0.01$).

Weak and positive correlation between anxiety and Childhood Trauma Questionnaire ($r=.22$, $p<0.01$), weak and positive relationship between Anxiety and Emotional Abuse ($r=.23$, $p<0.01$), weak and positive relationship between Anxiety and Physical Neglect ($r=.22$, $p<0.01$), Weak and positive relationship between Anxiety and Emotional Neglect ($r=.20$, $p<0.01$), weak and positive relationship between Anxiety and Ignored and Neglected Middle Child- Female ($r=.16$, $p<0.05$), weak level and positive relationship between ($r=.26$, $p<0.01$), anxiety and Only Child who is monopolizes his parents' attention and resources- Female, moderate and positive correlation between Anxiety and Ignored and Neglected Middle Child- Male ($r=.37$, $p<0.01$), weak and negative relationship between Anxiety and The Persuasive and Charmer youngest child- Male ($r=-.20$, $p<0.01$), There is a moderate and positive correlation between anxiety and the Only Child who is monopolizes his parents' attention and resources- Male ($r=.40$, $p<0.01$).

Moderate and positive correlation between avoidance and Childhood Trauma Scale ($r=.42$, $p<0.01$), weak and positive relationship between avoidance and Emotional Abuse ($r=.29$, $p<0.01$), weak and positive relationship between avoidance and Physical Abuse ($r=.12$, $p<0.01$), moderate and positive correlation between avoidance and Physical Neglect ($r=.48$, $p<0.01$), moderate and positive correlation between avoidance and Emotional Neglect ($r=.37$, $p<0.01$), weak and positive relationship between avoidance and Sexual Abuse ($r=.15$, $p<0.01$), weak and positive relationship between Peacemaker and Pleaser Firstborn-Female ($r=.15$, $p<0.05$), moderate and positive relationship between Ignored and Neglected Middle Child- Female ($r=.36$, $p<0.01$), weak level and positive relationship between Avoidance and Only Child who is monopolizes his parents' attention and resources- Female ($r=.15$, $p<0.05$), weak and positive relationship between Avoidance and Ignored and Neglected Middle Child- Male ($r=.21$, $p<0.01$),

weak and negative relationship between Avoidance and The Persuasive and Charmer youngest child- Male ($r=-.18$, $p<0.05$), There is a weak and positive relationship between Avoidance and Only Child who is monopolizes his parents' attention and resources- Male ($r=.25$, $p<0.01$).

Moderate and positive correlation between Childhood Trauma Questionnaire and Ignored and Neglected Middle Child- Female ($r=.70$, $p<0.01$), weak and positive relationship between Childhood Trauma Questionnaire and Only Child who is monopolizes his parents' attention and resources- Female ($r=.29$, $p<0.01$), moderate and positive correlation between Childhood Trauma Questionnaire and Ignored and Neglected Middle Child- Male ($r=.59$, $p<0.01$), weak and negative correlation between Childhood Trauma Questionnaire and The Persuasive and Charmer youngest child- Male ($r=-.19$, $p<0.01$), There is a moderate and positive correlation between the Childhood Traumas Questionnaire and Only Child who is monopolizes his parents' attention and resources- Male ($r=.35$, $p<0.01$).

Moderate and positive relationship between Emotional Abuse and Ignored and Neglected Middle Child- Female ($r=.39$, $p<0.01$), Weak and negative relationship between Emotional Abuse and the Persuasive and Charmer youngest child - Female ($r=-.14$, $p<0.05$), Moderate and positive relationship between Emotional Abuse and the Only Child who is monopolizes his parents' attention and resources- Female ($r=.33$, $p<0.01$), Weak and positive relationship between Emotional Abuse and Peacemaker and Pleaser Firstborn- Male ($r=.15$, $p<0.05$), Moderate and positive relationship between Emotional Abuse and Ignored and Neglected Middle Child- Male ($r=.45$, $p<0.01$), There is a weak level and positive relationship between Emotional Abuse and the Only Child who is monopolizes his parents' attention and resources- Male ($r=.25$, $p<0.01$).

There is a moderate and positive relationship between Physical Abuse and Ignored and Neglected Middle Child- Female ($r=.41$, $p<0.01$), a moderate and positive relationship between Physical Abuse and Ignored and Neglected Middle Child- Male ($r=.39$, $p<0.01$). There is a moderate and positive correlation between Physical Neglect and Ignored and Neglected Middle Child- Female ($r=.54$, $p<0.01$), moderate and positive relationship between Physical Neglect and Ignored and Neglected Middle Child- Male ($r=.49$, $p<0.01$), moderate and positive correlation between Physical Neglect and Only Child who is monopolizes his parents' attention and resources- Male ($r=.36$, $p<0.01$).

There is a moderate and positive relationship between Emotional Neglect and Ignored and Neglected Middle Child- Female ($r=.50$, $p<0.01$), Weak level and positive relationship between Emotional Neglect and The only Child who is monopolizes his parents' attention and resources- Female ($r=.19$, $p<0.01$), Moderate and positive relationship between Emotional Neglect and the Ignored and Neglected Middle Child- Male ($r=.69$, $p<0.01$), moderate and positive relationship between Emotional Neglect and the Only Child who is monopolizes his parents' attention and resources- Male ($r=.47$, $p<0.01$)

There is a moderate and positive relationship between Sexual Abuse and Ignored and Neglected Middle Child- Female ($r=.49$, $p<0.01$), Weak and positive relationship between Sexual Abuse and the Only Child who is monopolizes his

parents' attention and resources- Female ($r=.18$, $p<0.01$), moderate and negative relationship between Sexual Abuse and The Persuasive and Charmer youngest child- Male ($r=-.31$, $p<0.01$).

Table 2. Hierarchical Regression Analysis Results Showing Childhood Traumas and Birth Order (in female) Predicting Social Anxiety

Model		R	R ²	B	Beta	t	p	Sublimit	Majorant
1	(invariant)	.297	.085	27,11		7,31	0,000	19,81	34,41
	Emotional Neglect			1,43	0,30	5,09	0,000	0,88	1,99
2	(invariant)	.357	.118	25,49		6,38	0,000	17,62	33,36
	Emotional Neglect			0,97	0,20	3,03	0,003	0,34	1,60
	Only Child who is monopolizes his parents' attention and resources			2,38	0,13	2,15	0,033	0,20	4,56
	Ignored and Neglected Middle Child			0,69	0,14	2,08	0,039	0,04	1,34

* $p<0.05$ Test used: Hierarchical Regression Analysis; Stepwise Method

The results of hierarchical regression analysis showing that childhood traumas and birth order predict social anxiety are shown in Table 2. In the first model, it was found that emotional neglect significantly predicted social anxiety and explained 9% of the variance in social anxiety ($R=.297$, $R^2=.085$, $p<0.001$). In the second model, the Only Child who is monopolizes his parents' attention and resources, and the Ignored and Neglected Middle Child variables predicted social anxiety significantly and explained 12% of the variance in social anxiety ($R=.357$, $R^2=.118$, $p<0.001$). In the second model, the variance in social anxiety increased by 3%. It is seen that the variable that most explains social anxiety is emotional neglect.

Table 3. Hierarchical Regression Analysis Results Showing Childhood Traumas and Birth Order (in Male) Predicting Social Anxiety

Model		R	R ²	B	Beta	t	p	Sublimit	Majorant
1	(invariant)	.556	.310	0.49		0.12	0.907	-7.76	8.75
	Physical Neglect			3.90	0.47	6.73	0.000	2.76	5.04
	Emotional Abuse			1.44	0.17	2.46	0.015	0.28	2.60
2	(invariant)	.592	.340	-0.01		0.00	0.999	-8.18	8.16
	Physical Neglect			3.51	0.42	5.87	0.000	2.33	4.69
	Emotional Abuse			1.34	0.16	2.29	0.023	0.19	2.49
	Only Child who is monopolizes his parents' attention and resources			1.26	0.15	2.31	0.022	0.18	2.33

**p<0.05 Test used: Hierarchical Regression Analysis; Stepwise Method*

The results of hierarchical regression analysis showing that childhood traumas and birth order predict social anxiety are shown in Table 3. In the first model, physical neglect and emotional abuse significantly predicted social anxiety and explained 31% of the variance in social anxiety ($R=.556$, $R^2=.310$, $p<0.001$). In the second model, social anxiety significantly predicted the Only Child who is monopolizes his parents' attention and resources and explained 12% of the variance in social anxiety ($R=.592$, $R^2=.340$, $p<0.001$). In the second model, the variance in social anxiety increased by 3%. It is seen that the variable that most explains social anxiety is physical neglect.

Discussion

This study was carried out to examine the relationship between psychological birth order of adults and childhood traumas and social anxiety. In the study, the sub-dimensions of the scales and personal data were evaluated together. The most used and noted point in personal data was the gender factor. The sub-dimensions included in the study are anxiety and avoidance in the Liebowitz Social Anxiety Scale. The sub-dimensions of the Childhood Trauma Questionnaire are emotional abuse, physical abuse, physical neglect, emotional neglect and sexual abuse. The sub-dimensions of the Psychological Birth Order Scale are; the Peacemaker and Pleaser Firstborn, Ignored and Neglected Middle Child, The Persuasive and Charmer youngest child, the Only Child who is monopolizes his parents' attention and resources.

According to the literature review, it has been determined that there is no comprehensive study that includes all variables. The lack of sufficient studies on this subject shows that the research has an antecedent character and can make important contributions to the literature. The findings from the study are as follows: There is a moderate and positive relationship between the Liebowitz Social Anxiety Scale and the Ignored and Neglected Middle Child- Male and the Only Child who is monopolizes his parents' attention and resources- Male. Based on this data, it was determined that the middle and the only children (male) who were neglected physically and emotionally had social anxiety.

There is a moderate and positive relationship between the Liebowitz Social Anxiety Scale and Only Child who is monopolizes his parents' attention and resources- Male. Based on this data, it has been revealed that there is a moderate and positive relationship between the Anxiety and the Only Child who is monopolizes his parents' attention and resources- Male.

It has been revealed that there is a moderate and positive relationship between the Avoidance sub-dimension of the Social Anxiety Scale and the Physical Neglect and Avoidance and Ignored and Neglected Middle Child- Female. It has been determined that the middle children of female gender who have suffered physical neglect and abuse avoid social anxiety.

There is a moderate and positive relationship between the Childhood Trauma Questionnaire and the Ignored and Neglected Middle Child- Female, the Ignored

and Neglected Middle Child- Male, and the Only Child who is monopolizes his parents' attention and resources- Male. According to this result, it has been determined that there is a moderate and positive relationship between Emotional Abuse and the Ignored and Neglected Middle Child- Female, and Only Child who is monopolizes his parents' attention and resources- Female, and the Ignored and Neglected Middle Child- Male. According to the information, it was concluded that the only child and middle child of the female gender and the middle child of the male gender suffered the most emotional abuse compared to other children.

There is a moderate and positive relationship between Physical Abuse and the Ignored and Neglected Middle Child- Female, Ignored and Neglected Middle Child- Male. Based on this data, it was found that the middle children were physically abused depending on both genders (male and female). There is a moderate and positive relationship between Physical Neglect and Ignored and Neglected Middle Child- Female and Ignored and Neglected Middle Child- Male and the Only Child who is monopolizes his parents' attention and resources- Male. According to the research, while those who are subjected to physical neglect are mostly seen in children of the middle male and female gender, just as in the case of physical abuse, it is seen that it is also seen in the only children of the male gender.

There is a moderate and positive relationship between Emotional Neglect and Ignored and Neglected Middle Child- Female and Ignored and Neglected Middle Child- male and Only Child who is monopolizes his parents' attention and resources- Male. Based on this data, those most exposed to emotional neglect are the middle and female participants, depending on their order, while it is also seen in the middle and the only children of the male gender. In addition to the positive relationships in the study, as a different finding, it was determined that there was a moderate and negative relationship between Sexual Abuse and The Persuasive and Charmer youngest child- Male. Based on this finding, the children who are farthest from being sexually abused are the youngest ones and boys.

In our study, it was determined that emotional neglect was the variable that most explained social anxiety for female participants, while physical neglect was the most explanatory variable for male participants. In the literature, studies were found supporting the finding that physical neglect and abuse of men have high values. (Mathews et al., 2007; Zeren et al., 2012; Baydemir et al., 2014; İygün, 2008). Considering the higher rates of physical neglect and abuse in men compared to women, the place and importance of boys in the patriarchal society should be taken into consideration in the evaluation. As Turkish society is a patriarchal society, while boys are seen as superior, it is also noteworthy that they are raised more aggressively to meet their needs. Since violence is taught and practiced from father and uncle to son, it causes children to develop such an identity by being a role model for future generations. (Page & İnce, 2008) stated, it is seen that children who are exposed to violence and identify with their fathers and are more inclined to commit violence.

In the study, it was determined that the variable that most explained social anxiety for female participants was emotional neglect. (Krause et al., 2003) stated in their study that they reached conclusions that emotional traumas will increase in types and symptoms of anxiety and that they are associated with

anxiety. Contrary to the information obtained in our study, there are studies in the literature that the most common type of abuse for women is sexual abuse (Keskin & Çam, 2005; Karadeniz-Özbek & Kalkan, 2016). According to the literature, it is clear that emotional neglect and sexual abuse are frequently encountered. With the effect of social anxiety, which is another variable belonging to our study, it is thought that different data may have been obtained.

Considering that women's freedom, both economically and socially, is dependent and limited on men, this situation causes women to be dependent on men in a sense. For this reason, women's freedom can play a sufficient role to be limited in the area left for men to maintain their dominance. In such situations, women may feel themselves emotionally neglected to the point of not being adequately fulfilled emotionally. (Gibb, Butler & Beck, 2003; Gibb, Chelminski & Zimmerman, 2007) shows that emotional abuse in childhood is associated with depressive disorder and social anxiety. However, contrary to our findings in the literature review, there are findings that women are exposed to sexual abuse at a high rate (İygün, 2008; Arıkan, Yaman & Çelebioğlu, 2000; Ökten, 2009). It can be thought that the results obtained from these findings may differ according to the characteristics of the participants in the study or that the studies found in the literature may have been shaped and varied depending on the effect of the time period in which they were conducted. For this reason, due to the differences in the results in the literature, generalization is prevented.

It has been stated in the literature (Allen (1998; Allen, 2001; akt. Van Dijke et al., 2011) that childhood traumas of adults who provide primary care to children are a particularly important factor in causing severe psychological disorders. For instance, in many studies, it has been concluded that childhood traumas are associated with dissociation, borderline personality disorder, eating disorder, post-traumatic stress disorder, depression and anxiety disorders (Burns, Fischer, Jackson ve Harding, 2012; Carpenter ve Chung, 2011; Şar, İslam ve Öztürk, 2009; Waldinger, Schulz, Barsky ve Ahern, 2006; Whiffen ve MacIntosh, 2005). It has been found that there is a study examining the relationships of individuals who have experienced childhood traumas with depression and anxiety disorders in adulthood, and that emotional neglect is the most effective of the negative experiences in childhood, and it is especially associated with depressive disorder, dysthymia, and social anxiety (Spinhoven et al., 2010).

According to the study conducted by Pearson (2009) on the relationship between social anxiety disorder and psychological birth order in 2009, it was found that social anxiety disorders according to birth order are more common to be in the firstborn or only child than in the middle or the youngest child. Karadeniz (2008) in the research on disturbance types such as abuse and neglect in childhood and psychological birth order, it was determined that there is a negative and significant relationship between the types of traumatic childhood disturbances in older children, depending on the Psychological Birth Order. Compared to other children, firstborns are more disciplined, obeying the rules, guiding their siblings, higher self-worth compared to other children and more directive and leader in the family (Stewart 2004). A positive and significant relationship was found between middle children and all types of trauma such as abuse and neglect, and it can be said that these information agree with the data we obtained in our study. The

middle children are in constant competition and always have to make an effort to surpass the older children (the eldest sibling). Compared to older children, they have low self-confidence, embarrassed, and suffered injustice. Stewart, Stewart & Campbell (2001) reported that the psychological birth order of the middle children predicted dysfunctional family structure and attitudes. It can be said that the middle children feel stuck between their older siblings and younger siblings depending on their psychological birth order, and because they do not put themselves in an important role in the family, it can be said that it paves the way for them to experience more traumatic experiences such as neglect and abuse compared to their other siblings. In our study, it was revealed that there is a significant and positive relationship between median children and social anxiety and childhood traumas. When the relationship between the psychological birth order of the youngest child and the types of trauma such as neglect and abuse is examined, a negative and significant relationship was found. Because the youngest child is pampered and protected more than other siblings, childhood traumas are less common due to psychological birth order. Our study supports this data. The relationship between being an only child (depending on the psychological birth order) and experiencing childhood neglect and abuse is positive and significant. In addition, the relationship between the only child sub-dimension, which is related to psychological birth order, and the anxiety sub-dimension was found to be moderately positive and significant. It is found that the only child, who monopolizes his parents' attention and resources alone, also benefits from the advantages of not being in competition with anyone (Roberts & White 2001). Despite all this, being the unwanted only child of the family can conceive of being unloved in that family. The fact that families with one child have an extremely anxious attitude towards children, approaching them in an excessively enmeshment manner with the instinct of protection, and exhibiting behaviors that violate their private areas can cause such situations. These statements are consistent with our study. It has been revealed that emotional abuse, emotional neglect and physical neglect, which are the types of traumas, have a moderate, positive and significant relationship in the only children of male gender.

A review of environmental risk factors for an individual's development of social anxiety (Brook & Schmit, 2008) and dysfunctional attachment styles, maladaptive parents, and experiencing traumatic events such as physical and sexual abuse in early life, play a direct role in the development of children. (Michail & Birchwood, 2014). Studies also confirm that the attitudes of maladaptive parents and the effects of negative experiences in childhood are predisposing factors in the development of social anxiety disorder (Kuo et al., 2011; Beesdo-baum & Knappe, 2012).

Ranta et al. (2009) in his study concluded that, at the point of whether there is a relationship between the level of anxiety and birth order, according to the relationship between the first-borns and the children born later, first-borns have higher levels of anxiety. At the same time, it was revealed that women had more intense anxiety compared to men in the gender variable side of the study.

When the literature is examined, there are also studies that argue that social anxiety is not related to birth order. In a study investigating anxiety, depression

and suicidal behaviors in adolescents with social anxiety or non-symptomatic social anxiety Ranta et al. (2009), it was concluded that birth order was not associated with social anxiety and it was stated that there are studies supporting this result (Chartier et al., 2001; Bandelow et al., 2004; Bögels et al., 2001). It has been found that social phobia may develop in individuals who have been traumatically humiliated and excluded. (Hackmann, Clark & McManus, 2000; Stemberger et al., 1995).

Conclusion

In this section, the general conclusions reached based on the findings of the research are given. In the study, the relationship between childhood trauma experiences, psychological birth order and social anxiety was examined. According to the highest significant and positive results obtained with Pearson Correlation analysis in the study;

It was concluded that there is a moderate and positive relationship between Liebowitz Social Anxiety Scale and physical neglect and emotional neglect between Ignored and Neglected Middle Child- Male and the Only Child who is monopolizes his parents' attention and resources- Male It has been revealed that there is a moderate and positive relationship between the Liebowitz Social Anxiety Scale and the Only Child who is monopolizes his parents' attention and resources- Male and there is a moderate and positive relationship between the Anxiety and the Only Child who is monopolizes his parents' attention and resources- Male.

There is a moderate and positive relationship between Avoidance and the Childhood Traumas Questionnaire, and a moderate and positive relationship between Avoidance and Physical Neglect and Avoidance and the Ignored and Neglected Middle Child- Female. There is a moderate and positive relationship between the Childhood Trauma Questionnaire and the Ignored and Neglected Middle Child- Female, the Ignored and Neglected Middle Child- Male, and the Only Child who is monopolizes his parents' attention and resources- Male.

There is a moderate and positive relationship between Emotional Abuse and the Ignored and Neglected Middle Child- Female, and the Only Child who is monopolizes his parents' attention and resources- Female, and Ignored and Neglected Middle Child- Male. There is a moderate and positive relationship between Physical Abuse and the Ignored and Neglected Middle Child- Female and Ignored and Neglected Middle Child- Male. There is a moderate and positive relationship between Physical Neglect and Ignored and Neglected Middle Child- Female and Ignored and Neglected Middle Child- Male and the Only Child who is monopolizes his parents' attention and resources- Male.

It was concluded that there was a moderate and positive relationship between Emotional Neglect and Ignored and Neglected Middle Child- Female and Ignored and Neglected Middle Child- Male and Emotional Neglect and Only Child who is monopolizes his parents' attention and resources- Male. It was revealed that there was a moderate and negative relationship between Sexual Abuse and The Persuasive and Charmer youngest child- Male.

In this study, according to the results obtained by adhering to the hierarchical regression analysis, it was seen that the variable that most explained social anxiety in women was emotional neglect, while the variable that most explained social anxiety in men was physical neglect.

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