

## Bölüm 7

# OLUMSUZ ÇOCUKLUK YAŞANTILARI VE PSİKOPATOLOJİ

Yıldız BİLGE<sup>1</sup>

### GİRİŞ

Dünyanın her bir köşesinde çeşitli olumsuz deneyimlere sahip çocuklar yaşamakta ve bu olumsuz deneyimlerle çocukların kişilik yapılanmaları gerçekleşmektedir. Birçok çocuk dış dünyadaki savaş, göç gibi olumsuz şartlardan etkilenirken birçoğu da evinin içinde onunla birlikte yaşayan kendi aile fertleri tarafından oluşturulan olumsuz şartları deneyimlemek zorunda kalmaktadır. Maalesef tarih boyunca yaşandığı gibi dünyanın her yerinde çocukların gelişimlerini ve ruhsal sağlıklarını etkileyebilecek nitelikte birçok olayın var olduğu bir dönem yaşanıyor gibi görünmektedir. Son zamanlarda yapılan güncel çalışmalarla çocukluk yaşantılarının yetişkin kişilik özelliklerini belirlediğine ve psikopatolojinin gelişimini etkilediğine daha fazla dikkat çekilmektedir. Özellikle de çocukluk çağına maruz kalınan olumsuz yaşantıların yetişkinlik döneminde görülen fiziksel, ruhsal ve hatta sosyal problemlerin ortaya çıkmasına zemin hazırladığına dair yapılan vurgu giderek daha güçlü bir hale gelmektedir. Bu çalışmada olumsuz çocukluk yaşantıları ile psikopatoloji arasındaki ilişkiler ele alınmakta ve olumsuz çocukluk yaşantılarının psikopatolojinin gelişimine olası etkileri değerlendirilmektedir.

### Erken Çocukluk Dönemi ve Olumsuz Çocukluk Yaşantıları

Ergenliğin sonunda ve yetişkinlik döneminin başlarında tamamlandığı düşünülen kişilik yapılanmasını belirleyen en önemli unsurun erken çocukluk dönemi yaşantıları olduğuna dair vurgu, Freud'dan başlayarak psikanalitik ve psikodinamik kuramcılar tarafından yapılmaktadır. Benzer şekilde bir gelişim kuramı olan Bowlby'nin bağlanma kuramında da anneyle kurulan ilk ilişkilerin önemine dikkat çekilmektedir. Tarihsel olarak bu kuramların sonrasında ortaya çıkan ve kişilikteki bilinçli yapılanmayı daha fazla önceleyen bilişselci kuramlarda ve şema terapide de erken dönemde tekrarlayan olumsuz yaşantıların etkileri göz önünde bulundurulmaktadır. Bunların dışında son 50 yıldır yapılan ampirik çalışmalarda da erken ço-

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