Student Name

Tutor Name

Course

Date

**Introduction**

Trauma refers to the response an individual puts on after experiencing a disturbing event which usually hampers a person's ability to cope (McNally, 2005). The event, in this case, is a happening that deprives an individual of emotional, physical, emotional, and psychological comfort. People who've experienced terrorizing events feel extremely frightened and threatened. Examples of these events are accidents, war, rape, serious illness, terrorism among others.

**Effects of Trauma**

The effects of trauma are numerous. Those effects are never good. Responses usually vary from person to person. However, the most common reaction is usually a great sense of emotional shock. Thereafter, the effects can be felt from time to time. Trauma deprives a person of the joy that was at one time enjoyed. Trauma affects individuals differently. Some may experience the extreme case of Post Trauma Stress Disorder. However, the majority experience clinical symptoms that can be easily diagnosed. Furthermore, the effects of a happening on an individual are dependent on the characteristics of the event, individual characteristics, the process of development, and other socio-cultural factors. The emotional signs of trauma are varied and begin from feelings of sadness and anger. Thereafter, an individual becomes fearful and feels ashamed. Usually, denial is the hallmark of trauma. The identified signs may lead to nightmares, cases of insomnia, difficulty in establishing relationships, and general emotional outbursts. The physical symptoms are feelings of nausea, dizziness, changed sleeping patterns, an adjustment in appetite, headaches, and gastrointestinal problems. The psychological aspects relate to PSTD, anxiety and depression, substance abuse problems (McNally, 2005).

**Epigenetics and Stress**

Epigenetics is a field of study that examines the role of individual behaviors and environment in triggering changes that might affect the functionality of genes (Maamar, 2021). Epigenetic changes are reversible but do affect the sequence of DNA in any way. However, they can manipulate how the body responds to a DNA sequence. Epigenetic changes manifest in three ways. First, there is DNA Methylation where methyl groups are added up to a DNA molecule. There is also the modification of histones. Lastly, there exists Non-coding RNA. Stress describes the condition of physical and emotional tension (Uchino, 2007). Stress and epigenetics are closely tied. Stress triggers functional changes in DNA Methylation and the modification of Histone. Epigenetics thus moderate changes of expression that are brought forth by stress. An epigenetic stress response is dependent on several other variables. Further, stress alters DNA modifications and may result in neurological-related problems (Maamar, 2021).

**Holocaust and Its Effects**

Holocaust describes one of the craziest murders the world came to experience (Bergmann, 1982). It was properly planned and executed on the European Jewish community. The Nazi government which came to reign in 1933 is said to have pioneered the murder of more than 6 million Jews. The motive was to get rid of the Jews who were perceived inferior to the Germans from threatening the existence of the perceived superior German society. While the main target was Jews, other races other than Germans were racially abused and persecuted. Also, people with mental issues and those with physical disabilities were not left behind. Exposure to war or some form of violence has some trans-generational repercussions. The men and women who experienced torture inflicted on them by the German administration experienced genetic changes that were passed on to their children. Trauma triggers genetic changes which can be inherited. Studies have revealed increased cases of psychiatric problems exhibited by offsprings of parents who experienced mental problems as a result of the Holocaust (Thomson, 2015). Cases of mood changes, substance abuse, and anxiety levels have been identified. Further, children raised by families who experienced Holocaust recorded increased psychological problems. This was made possible by increased family conflicts as parents responded to trauma effects. Moreover, Mothers have been acknowledged to be more influential in the child development process. Children raised by both survivor parents were identified to have more mental-related complications compared to those raised by a single survivor parent. Also, trans-generational effects on children of mothers who were younger then varied from those who were older. There is a higher cortisol urinary level in children of younger mothers. Research has also identified a rise in methylation of specified segments (Bergmann, 1982).

**Importance of Knowing the Effect of Parental Trauma on Children**

It is fundamentally important to understand how children will be affected by parental trauma. This is because trauma has a huge capacity in determining the physical, emotional, and intellectual development of a child. When it's realized earlier, a parent or potential parent can undertake steps to manage past trauma. The trauma management process requires the services of a therapist. It's therefore imperative that it is treated or simply managed to lead a more fulfilling life (Carlson, 1997).

**Current Global Events that Could Affect Future Generations**

Three major events are going on in the world presently that could affect the next generation. They are namely civil wars, the rise and spread of COVID-19, and climate change. The recent climate change has witnessed a very hot decade. Examples are the deadly fires that rocked Australia, extreme weather changes, and others. Projections suggest that the recent carbon emissions might extinct animals and even plant species. Furthermore, the emergence of deadly diseases can be transferred to the next generation (Haines, 2004). Secondly, the civil wars in some countries like Afghanistan, Yemen, and some African countries pose a serious threat to the emergence of a traumatized people. Such parents are likely to transmit mental health issues to their children. Lastly, the rise and spread of COVID-19 has scarred the entire human race. With the emergence of a deadly form of the virus, experts are worried about the impact it has had on survivors. There is also fear about its potential effect on future generations (Pfefferbaum, 2020).

**Conclusion**

Trauma can drastically alter a person’s life. There should be collaborative efforts to help victims of trauma heal. Unmanaged trauma leads to mental related issues that can be easily transmitted to children.

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