

## Research Article

# “How is Parental Burnout in Working Moms?” Studies Based on Social Support and Parenting Self-efficacy

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**Abstract.**

The many demands in the various aspects of a women's life require them to undergo a dual role, being housewives and working mothers. The dual roles that the mother chooses cause excessive burnout and have an impact on childcare. The purpose of this study was to determine the effect of social support and parenting self-efficacy on parental burnout in working mothers. This study used a nonexperimental quantitative approach with causal relationships. The subjects in the study were selected by accidental sampling techniques which was 112 working mothers, meeting the following criteria: (1) working in a government or private agency; (2) having a minimum working hours of 8 hours each day; (3) working full time in workplace, and (4) having a child aged 1–5 years. The measuring tools used in this study were parental burnout assessment (PBA), social support scale, and self-efficacy for parenting task index (SEPTI). Data analysis was done using multiple linear regression tests. The results showed an effect of social support and parenting self-efficacy on parental burnout ( $P < 0.05$ ). Social support contributed to parental burnout at 7.7% and parenting self-efficacy at 17.6%.

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## 1. BACKGROUND

The concept of family in Indonesian culture gives the dominance of parenting roles to the mother figure. Interaction with children will remain part of women's role and mothers are still the first parents responsible for children's development [1]. The influence of globalization, especially economic demands and also self-development, makes many mothers perform a dual role, namely carrying out the role of housewives and working outside the home. Indirectly, a mother who chooses to perform multiple roles will certainly have an impact on the parenting process given to children [2].

Mothers who choose to perform dual roles will certainly be faced with a career demand and responsibility as a housewife [2]. One of the impacts that will arise when carrying out multiple roles is the difficulty in managing time between household tasks and work in the office. Past research shows that 53 out of 100 working mothers have

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difficulty in carrying out this dual role. The impact of taking this dual role is that it can cause tension, guilt, fatigue, and frustration [3].

When working mothers feel pressure and stress while working, this will affect the parenting process. The above statement is supported by research conducted by Kim in [4] that work and parenting conflicts in working mothers indirectly affect parenting stress. According to parents who experience a lack of resources needed to handle prolonged stress will increase to the burnout stage[5].

Parental burnout is a state of tiredness related to the parenting process, parents become emotionally separated from their children and doubt their ability to carry out parenting [6]. Parents who experience parental burnout will experience physical and mental burnout, emotionally distance themselves from children, and will feel unworthy of parenthood [7]. Parental burnout can occur because the demands associated with parenting are not proportional to the availability of resources that can be used to meet those demands. In a study conducted by Roskam, et al [5] shows a prevalence of 2-12% of parents in Europe experiencing parental burnout, while in America as many as 3.5 million parents experience parental burnout. Recent research found that about 5-8% of a sample of parents in 42 countries experienced parental burnout. In Indonesia, research on parental burnout shows that during the pandemic between 2020 and 2021 there were 15% of parents experiencing high levels of parental burnout, 64% of moderate levels, and 21% of low levels in the care of children under the age of 18 years [8].

Parental burnout has adverse consequences for parents (suicidal thoughts, addictive behaviors, health problems), for couples (increased intensity of conflict with partners), and for children (parenting negligence, giving rise to child violent behavior) [9]. Parental burnout experienced by parents is formed due to several factors, including: financial insecurity, low levels of social support from family and friends, and lack of free time for parents. According to Parkes et al in [7] social support is essential to improve well-being and frequent contact with family can also reduce parental burnout rates.

Despite becoming a mother, environmental support is still urgently needed. According to Taylor [10], social support can be obtained from parents, spouses, friends, social contacts, and the community. Social support refers to comfort, attention and appreciation, and assistance from someone when needed. The social support provided will make a mother feel loved, cared for, and valued. Browel and Shumaker [11] said indirectly social support affects individual well-being because it can reduce the severity of stress from an event faced.

Another factor that can increase parental burnout is parenting self-efficacy. Parenting self-efficacy refers to a parent's assessment of his or her ability to care for children. This

assessment of parenting self-efficacy will affect the parenting patterns given by parents to children, so that parenting self-efficacy is needed by mothers during carrying out parenting roles so that the parenting patterns given to children are in accordance with the needs and characteristics of each child.

Mothers who want to have good parenting self-efficacy are expected to instill confidence that they have the ability to care for children, confidence that children will respond according to maternal expectations, and believe that people around (family and community environment) are able to provide support to mothers. According to Coleman and Karraker [3], factors that influence parenting self-efficacy are parenting, culture, and cognitive parents. In addition, mental conditions such as: laziness, stress, and depression can also affect parenting self-efficacy.

Based on the explanation above, the purpose of this study is: to determine the effect of social support and parenting self-efficacy on parental burnout. The benefit of this study is to be used as a reference for future researchers and can be used as an alternative solution when there are parents who experience the same thing.

## 2. RESEARCH METHODS

### 2.1. Variables or concepts studied

This study consists of three variables, namely two independent variables (X1 and X2) and one dependent variable (Y). The independent variables were social support (X1) and parenting self-efficacy (X2) and the dependent variable (Y) was parental burnout. *Parental burnout* is an individual's assessment of the picture of burnout experienced by parents during the parenting process characterized by a mismatch between the demands and resources that parents have to meet these expectations. *Social support* is an assessment related to interpersonal relationships related to the provision of assistance and involves aspects consisting of information, attention, emotions, and assessments that can be obtained from interactions in the environment. *Parenting self-efficacy* is a person's belief or assessment of the abilities possessed and can run effectively and competently which is related to parenting.

### 2.2. Sampling Method

The sampling technique uses accidental sampling, which samples can be obtained from people who coincidentally meet and in accordance with research criteria [12]. The

criteria to be a subject are (1) a mother who works in a government or private agency, (2) has a minimum working hour of 8 hours per day, (3) works full time in workplace, (4) has a child aged between 1 year to 5 years.

### 2.3. Research subject

The number of subjects in this study was 112 people. Characteristics of subjects based on the age of the child: age of 1 year of the child (20.5%), age of the child 2 years (17%), age of the child 3 years (12.5%), age of the child 4 years (19%), and age of the child 5 years (31%). Characteristics by type of work of mothers: civil servants (55%), and private employees (45%).

### 2.4. Research Instruments

Parental Burnout Assessment (PBA) was developed by [9]. The Likert scale instrument consists of 23 statement items divided into 9 items that measure tiredness in parenthood, 6 items measure about contrast with the previous parent's self, 5 items measure feelings of disgust as parents, and 3 items measure emotional distance from children. The measurement uses a Likert scale with four answer choices: always, often, rarely, and never. After conducting psychometric tests on the PBA scale, it was found that the Cronbach alpha value was 0.860 and there was one invalid item.

The social support scale is a Likert scale developed by [13] with a total of 22 statement items consisting of positive and negative items which are divided into four aspects, namely emotional support, appreciation support, instrumental support, and information support. In the social support instrument, there are four answer items, namely SS (strongly agree), S (agree), TS (disagree), and STS (strongly disagree). The social support scale has been psychometric test obtained Cronbach alpha of 0.926 with five invalid items.

Self-Efficacy for Parenting Tasks Index (*SEPTI*) measurement tool developed by Coleman and Karraker which was later adapted by [14] with a total of 36 statement items consisting of positive and negative items. The measurement scale uses the Likert scale with four answer items: Strongly Agree (SS), Agree (S), Disagree (TS), and Strongly Disagree (STS). The SEPTI scale after psychometric testing obtained a Cronbach alpha result of 0.898 with one invalid item.

## 2.5. Research design

This study used a quantitative approach. A quantitative approach is an approach whose research data is in the form of numbers and analyzed by statistical methods. The research design used is quantitative non-experimental with causal relationships to determine the influence of the three variables to be studied [12].

## 2.6. Data Collection Procedures

The research procedure consists of three stages, namely (1) preparation, (2) implementation, (3) data analysis and reporting. In the preparation stage, researchers look for phenomena or problems around that can be used as a topic or variable in research. After that, researchers compile research proposals by assessing the variables that have been selected, looking for appropriate literature as research support and looking for measuring instruments that will be used to test the research variables. Next, the researcher determines the subject of the study and determines the measuring instrument to be used. At the implementation stage, research data collection is carried out. Research data was obtained after distributing questionnaires to research subjects. The distribution of questionnaires is carried out by google form link, this is done in order to reach the subject more widely and evenly. The final stage is data analysis and reporting, at this stage researchers conduct analysis on the data that has been obtained and write down the results and research discussions.

## 2.7. Data analysis technique

Data analysis using the help of the Statistical Package for Social Science (SPSS) uses multiple linear regression analysis tests because there are two free variables, namely (X1) social support and (X2) parenting self-efficacy and there is one dependent variable, namely (Y) parental burnout.

## 3. RESULT

Based on the linearity test, the deviation from linear value in the social support and parental burnout variables was 0.07 and the deviation from linear value in the parenting self-efficacy and parental burnout variables was 0.330. It can be said that the variables

of social support and parental burnout as well as the variables of parenting self-efficacy and parental burnout have a linear relationship because it qualifies that the significance value  $> 0.05$ . In the social support variable and parenting self-efficacy variable, the normality test was seen by the shapiro-wilk value was 0.060 and 0.200, these means that the social support and self efficacy variable were normal ( $\text{sig} > 0.05$ ).

TABLE 1: Multiple Linear Regression Analysis of Social Support and Parenting Self-efficay on Parental Burnout.

Category	Parental Burnout					
	r	R2	F	B (X1)	B (X2)	Sig (p)
Social Support – Parental Self-efficacy	0.485	0.235	16.761	-0.158	-0.364	0.000

The results of the multiple linear regression test showed a significance value of 0.000, if the significance value is  $< 0.05$  then the independent variable will have a significant effect on the dependent variable. It can be interpreted, there is a relationship between social support and parenting self-efficacy on parental burnout. Based on the results of the study, it can be seen that social support contributes effectively to parental burnout by 7.7% while parenting self-efficacy contributes effectively to parental burnout by 17.6%.

TABLE 2: Linear Regression Analysis of Social Support for Parental Burnout.

Variable	Parental Burnout				
	r	R <sup>2</sup>	B	F	Sig
Social Support	0.403	0.162	-0.494	21.332	0.000

From the results of a simple linear regression test, the result of the correlation coefficient (r) is 0.403. This suggests that social support negatively affects parental burnout. The results showed a coefficient of determination (R2) of 0.162 which contains the understanding that the effect of social support on parental burnout is 16.2%. A regression coefficient (b) of -0.494 indicates that each increase in the social support score will decrease the parental burnout score. A negative sign on the regression coefficient indicates the opposite direction of the relationship, where higher social support will result in a decrease in the rate of parental burnout.

TABLE 3: Linear Regression Analysis of Parenting Self-Efficacy for Parental Burnout.

Variable	Parental Burnout				
	r	R <sup>2</sup>	B	F	Sig
Parenting Self-Efficacy	0.471	0.221	-0.360	31.287	0.000

From the results of a simple linear regression test, the result of the correlation coefficient ( $r$ ) is 0.471. This suggests that parenting self-efficacy negatively affects parental burnout. The coefficient of determination ( $R^2$ ) showed a result of 0.221 which means the effect of parenting self-efficacy on parental burnout is 22.1%. A regression coefficient ( $b$ ) of -0.360 indicates that each addition to the parenting self-efficacy score will decrease the parental burnout score. A negative sign on the regression coefficient indicates the opposite direction of the relationship, where higher parenting self-efficacy will result in a decrease in the rate of parental burnout.

## 4. DISCUSSION

The problem of parental burnout is more often experienced by mothers, because of the uneven division between work and childcare. Mothers are also required to be fair and remain active in both roles they have chosen, and are expected not to let go of responsibility in caring for and educating children [15]. In the research, Whittle et al [16] explained that the condition of parents is very influential on children, including in providing guidance and learning while at home. Mothers who choose to carry out multiple roles may have higher parental burnout, due to greater demands for time, mind, and energy compared to housewives [17].

Social support is one thing that is needed when carrying out the parenting process. So, the mother also needs social support from her partner or other family members. The form of love and appreciation given can be used as a form of social support that can be given. On the results of research conducted by [18] found that low social support in childcare will lead to increased parenting stress which will later increase into parenting fatigue. This is consistent with the results of research conducted, where social support has a significant relationship in the opposite direction with parental burnout. This means that the higher the social support obtained, the lower the parental burnout experienced and vice versa.

Trust in the ability to care must certainly be owned by parents. Parenting self-efficacy is a form of parental assessment of themselves about the abilities possessed during the parenting process. So with that, the high and low parenting self-efficacy owned by mothers will affect how parenting patterns are given. The parenting pattern given will later have an impact on how the child's further development. Parenting self-efficacy can have an influence on the mother's ability to carry out multiple roles, so that the mother has confidence in the ability to carry out her role and can have a positive influence on her ability to care for children [15]. Samson [15] stated that parents with high parenting

self-efficacy see the parenting process as a challenge and tend to experience fatigue and stress less often, and will certainly create a good environment and provide positive parenting to their children.

Parenting self-efficacy may be one of the factors that can reduce the level of parental burnout experienced by mothers when carrying out multiple roles. An article on The Asian Parent Indonesia website published by Fitri [3] shows that mothers feel that they do more aspects of work than aspects of pleasure in parenting, thus making mothers unable to enjoy the role of parents. To have good parenting self-efficacy, mothers need to increase confidence in their abilities in parenting, believe that children will respond according to mother's expectations and believe that others around will help. In a study conducted on 164 working mothers who had children aged 2 to 5 years, it still showed results that 53.66% of working mothers still had low parenting self-efficacy and 46.34% had high parenting self-efficacy [3].

The results of research conducted on parenting self-efficacy variables show the results that there is a relationship between parenting self-efficacy and parental burnout but in the opposite direction. This can be interpreted that the higher the level of parenting self-efficacy possessed, the level of parental burnout experienced will also decrease and vice versa. The results of the study obtained are also supported by a statement explaining that parenting self-efficacy is one of the supporting factors of parental burnout

## 5. CONCLUSION

Based on the results of the study, it was found that the research hypothesis was acceptable. It can be concluded that there is a significant negative influence between social support and parenting self-efficacy on parental burnout in working mothers. From the results of the study, it can also be seen that social support and parenting self-efficacy are needed by working mothers so that later they can run a good parenting pattern and create a more positive environment, so it is hoped that later their children will become better individuals and can be proud.

The implication of this study is to further increase awareness of the condition of mothers who carry out dual roles, namely as housewives and work. Because when the mother has experienced bad conditions can make the atmosphere of the house uncomfortable. So there is a need for social support both from spouses or other family members who can later improve the mother's condition and are expected not to cause fatigue in parenting (parental burnout). In addition to providing support, a mother must



also have good parenting self-efficacy, because parenting self-efficacy will later affect the parenting pattern given by mothers to their children.

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## Ethics Policy

The research procedures met ethics where before data collection, respondents filled out their willingness without coercion to be part of the research through the informed consent provided.

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