

Exploring Parental Burnout in Indonesian Context: Adaptation, Comparison, and Implications

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ABSTRACT

Parental burnout is a prevalent issue impacting caregivers globally, yet its examination within the Indonesian cultural context remains limited. This study addresses this gap through two interrelated investigations. The first study aimed to adapt and validate the Parental Burnout Assessment (PBA) in Bahasa Indonesia, while the second study sought to compare parental burnout levels between fathers and mothers. In Study 1, a sample of 262 participants was selected via convenience sampling. Content and construct validity of the adapted PBA were rigorously assessed, alongside reliability estimations using Cronbach's alpha. In Study 2, 178 respondents, including 86 fathers and 88 mothers, participated in a comparative analysis. Statistical techniques such as t-tests were employed to examine differences in parental burnout levels between genders. Study 1 revealed that the adapted PBA demonstrated robust psychometric properties, with high validity and reliability, establishing its suitability for assessing parental burnout in the Indonesian context. Study 2 uncovered significant disparities in parental burnout between fathers and mothers, with mothers reporting higher levels of burnout compared to fathers. These findings underscore the importance of recognizing and addressing parental burnout in Indonesia. Interventions tailored to support parental well-being should consider gender-specific challenges and cultural nuances. Future research should explore additional factors contributing to parental burnout and evaluate the effectiveness of targeted interventions.

Index Terms— Parental burnout, fathers, mothers, cultural context, parental-wellbeing.

I. BACKGROUND, MOTIVATION AND OBJECTIVE

Parental involvement in a child's developmental journey, which commences at birth and spans the stages of adulthood, necessitates a diverse set of interpersonal competencies and emotional engagement from parents [1]. The endeavor of parents to offer optimal care for their offspring is often intertwined with apprehensions concerning various aspects such as behavior, physical well-being, scholastic challenges, and routine responsibilities [2]. Nonetheless, the rigors encountered in the process of parenting have the potential to culminate in stress [3]. Parenting stress denotes the adverse emotions felt by both parents and children resulting from the demands associated with parenting duties, a concept elucidated [4,5]. Although a significant proportion of parents undergo parenting stress transiently, an estimated 5-20% of them are susceptible to developing parental burnout [4,5]. Hence, it is imperative to comprehend and tackle parenting stress comprehensively to safeguard the welfare of both parents and children, ensuring a harmonious familial environment conducive to optimal child development and parental well-being.

Recent research on parental burnout was conducted by Griffith titled "Parental Burnout and Child Maltreatment during The Covid-19 Pandemic". In this journal, Griffith suggests that caregiving responsibilities during the pandemic have significantly increased due to children being at home 24 hours a day, 7 days a week. Many parents have experienced job loss, transitioned to remote work, and assisted with their children's online schooling. Consequently, parents have been unable to engage in activities outside the home, leading to exhaustion and instances of maltreatment towards their children. In Indonesia, research on parental burnout remains scarce. However, the term "parental burnout" has gained popularity since the

pandemic through social media and news articles [2]. So far, researchers have identified two studies related to parental burnout. A proceeding published by Arini conducted a literature review to investigate whether child abuse is a form of parental burnout during the pandemic. The literature review indicated that parental burnout affects all parents, regardless of gender or caregiving role at home. Work overload, financial issues, and lack of social support were identified as causes of parental burnout during the pandemic [6]. Furthermore, research on parental burnout was conducted by Fazny, analyzing the conditions of parental burnout during the pandemic in Indonesia using the Maslach Burnout Inventory (MBI). The results showed that 15% of parents experienced high parental burnout, 64% experienced moderate parental burnout, and 21% experienced low parental burnout [7].

Based on previous research, to minimize the consequences and impacts experienced by parents or children resulting from parental burnout, an assessment is necessary as an initial step in intervention to prevent such occurrences. Conducting an assessment requires a psychological test tool to facilitate the assessment process. Psychological measurement tools are often used in research in related fields. Currently, there is still no available measurement tool in Indonesia that can reveal the condition of parental burnout. Instruments that can be used to measure parental burnout that have been validated thus far include the Parental Burnout Inventory (PBI) and the Parental Burnout Assessment (PBA).

PBI was developed based on the Maslach Burnout Inventory (MBI), which identifies parental burnout across three main dimensions: parental role exhaustion, emotional distance from children, and parental inefficiency. However, PBI does not fully capture parental burnout as it includes separate components in its items, three related to work and three to parental burnout. Subsequently, Roskam, Brianda, and Mikolajczak utilized another method to develop an instrument based on the experiences of parents suffering from burnout, known as the Parental Burnout Assessment (PBA). Factor analysis revealed four dimensions of parental burnout: (1) exhaustion in the parental role, (2) contrast with previous parental self, (3) feelings of being fed up with the parental role, and (4) emotional distance from children. The Parental Burnout Assessment (PBA) demonstrates good psychometric properties, as evidenced by the index criteria goodness of fit scores: CFI=0.94, TLI=0.93, RMSEA=0.07, and SRMR=0.04. PBA has been translated into more than 20 languages besides English and French, including Chinese, Korean, Thai, Turkish, Italian, and many others. The Parental Burnout Assessment (PBA) is a measurement tool that researchers aim to adapt due to its strong psychometric properties, easy and free accessibility, and being the latest version for measuring parental burnout in the parenting process [4].

Psychological measurement tools can be considered ready for use if they meet two criteria: validity and reliability [8]. Adapting a test tool involves a series of activities that not only include translation but also preparing the test tool to be usable in different languages and cultures. Adapting a test tool essentially means making a test originally from abroad (in a foreign language) usable for a different culture or respondents in Indonesia. The adaptation of the test tool for Indonesian respondents is not just about translating its language so that respondents can read it, but also ensuring that it functions validly and appropriately for the measurement purposes intended for the test tool. With a measurement tool in place, research or assessments related to parental burnout can be more accountable for their validity and reliability, considering the crucial role of measurement in psychological research.

Research related to the parental burnout assessment tool has been conducted by Aunola, Sorkkila, and Tolvanen, who investigated the validity of the Finnish version of the parental burnout assessment using data from 1,688 Finnish parents (91% mothers) living in Finland with at least one child at home, showing good psychometric properties [9].

Parental burnout tends to occur more frequently among mothers who care for children [10]. This contrasts with Batro's research, which suggests that mothers with adolescent children are also vulnerable to experiencing burnout. However, other studies argue that the age of the child does not influence parental burnout [11].

Parents experience parental burnout when faced with chronic stress due to caregiving demands, lack of spousal support, low family income, parent-child tension, difficulties in maintaining a positive relationship with their children due to negative parenting styles [12]. Negative impacts of parental burnout in child rearing include symptoms of depression, addictive behavior, sleep disturbances, and conflicts with partners. Moreover, parental burnout is significantly associated with thoughts of escape (ideas of fleeing or suicide), child neglect, and parental violence [13].

Cultural, social, and economic changes influence societal perspectives on the role of fathers in child rearing and development [14]. These changes provide space and opportunities for fathers to express themselves more in caregiving [15]. Father involvement in child rearing entails active participation where fathers and children engage physically, emotionally, and cognitively in interaction processes, making fathers the implementers and drivers of child development [16]. Father's role in caregiving holds repeated and continuous significance in child development stages. Early cognitive development and social competence of children are influenced by the emotional relationship, attachment, and resources provided by fathers.

Fathers are increasingly involved in child rearing, necessitating more attention to be given to parental burnout experienced by fathers. Additionally, fathers tend to be more susceptible to parental burnout. Gender socialization processes may inadequately prepare fathers compared to mothers in coping with caregiving tasks. The demands arising from gender-based roles such as caregiving responsibilities lead to

fathers having lower control compared to mothers. Therefore, fathers tend to require more strategies and opportunities to balance caregiving demands [17]. The study by Ping et al. suggests that paternal caregiving stress and negative parenting styles may affect parental burnout over time, potentially leading to problematic behaviors in children [12].

Fundamentally, child rearing is a responsibility shared by both parents. However, Indonesian culture tends to be more active and invests more time in child rearing [18]. The interaction between parents and children remains an integral part of women's identity, and mothers continue to be the primary caregivers [5]. Although fathers play the same dual role as mothers in working and caregiving for children, mothers spend more time and energy on household chores compared to fathers. This results in mothers enjoying the parenting role less than fathers [19].

Mothers often overinvest in their role as mothers over a long period before experiencing burnout. They feel fully responsible for everything at home, including preparing for their children's future, which affects their ability to enjoy the present. Moreover, social influences on maternal caregiving pressure mothers to strive for perfection, leading to additional self-pressure in caregiving [20].

Globalization has made the job market increasingly complex, resulting in the development of various statuses and job opportunities for women [21]. Along with the changing times, women are expected to provide more participation, not limited to serving their husbands, caregiving, and household chores [22]. This relates to women's dual roles as responsible mothers for household affairs, including caregiving, and as workers [21]. Working provides both positive and negative impacts for mothers. The positive impact of working increases self-confidence and provides opportunities for satisfaction in life. Additionally, through their jobs, women can help their husbands financially to meet household needs [22]. One of the factors that drive women to enter the workforce is economic difficulty. Working helps mothers increase family needs fulfillment, and in some cases, working mothers are the sole breadwinners [23].

According to Apperson, women experience higher levels of role conflict compared to men. This is because women consider the family as their primary obligation and must contribute more than their role as workers. However, on the other hand, women are required to excel in their work. Role conflict occurs when women are required to meet expectations both in the family and in their work. According to Fuchs, women with children tend to be under significant pressure, especially when they have to work [23]. Based on the research findings of Akbar and Kartika from a total of 100 respondents, it was found that 53% of working mothers experienced high levels of role conflict. Moreover, role conflict significantly affects family functioning in working mothers, with a percentage of 37.6% [23].

Based on the overview above, parental burnout needs to be further understood to minimize its impacts on children and parents. Researchers are interested in adapting the measurement tool from the Parental Burnout Assessment (PBA) developed by Roskam et al. in 2018. The adaptation of this measurement tool aims to investigate and create a valid and reliable measurement tool for parental burnout in Indonesia using the same instrument. PBA can be considered a good standard for measuring parental burnout due to its history, easy and free accessibility, and good psychometric properties. It is hoped that this research will result in a good adaptation of PBA that can be accountable for its validity and reliability and contribute to the mental health of parents in Indonesia.

II. METHODS

A. Study 1: Adaptation of measurement instruments

This study examined the psychometric properties of the Parental Burnout Assessment Instrument, which was adapted by the researcher to measure parental burnout characteristics. The reliability and validity of the adapted instrument were assessed. The target population for this study consisted of parents with at least one child living in the same household. The sampling technique used was convenience sampling, where the availability and willingness of individuals to participate determines the selection of the sample [24]. According to Gable, the recommended sample size for item testing is approximately six to ten times the number of items to be analysed. As the measurement tool consists of 23 items, a minimum of 230 respondents is required to meet this requirement [25]. The research team undertook the following steps to adapt PBA:

1. Pre-condition Satge
2. Test Development Stage
3. Synthesis Stage
4. Review Stage
5. Readability Test Stage
6. Item Arrangement Satge
7. Field Test: Reliability Estimation with Alpha Cronbach and Construct Validity Estimation with Confirmatory Factor Analisis (Goodness of fit criteria)

B. Study 2: Comparative study

The approach used in this research is quantitative with a comparative design. Research with a quantitative approach emphasises the analysis of quantitative data collected through measurement procedures and

processed using statistical analysis methods [25]. The characteristics of the population in this study are parents who have at least one child between the ages of 0-17, and who live together at home. The sampling technique used in this study is the accidental sampling technique, where the sample selection is based on anyone who happens to meet the researcher and meets the sample criteria so that they are suitable as a source of data. The number of samples in this study was 174, which was derived from an effect size value of 0.55, an α value of 0.05, and a statistical power value of 0.95 [13].

III. RESULTS, DISCUSSIONS AND CONCLUSIONS

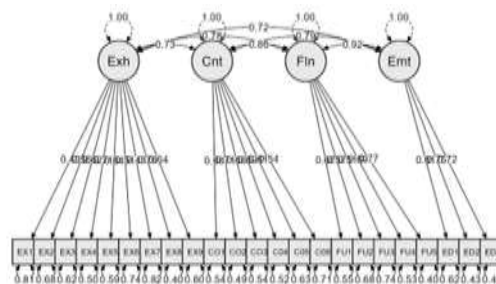
In study 1, a range of techniques and testing methods were employed, commencing with the implementation of adaptation procedures and progressing to psychometric property tests, including content validity estimation, construct validity, and reliability estimation. It can be concluded that the Parental Burnout Assessment (PBA), which has been adapted by researchers, has an estimated valid and reliable model. These findings are further supported by the results of the validity analysis, which indicate an acceptable fit to the data, as evidenced by the RMSEA of 0.024, SRMR of 0.084, CFI of 0.992, and TLI of 0.992.

Tabel 1. Construct Validity Estimation Results

Criteria	Index of Goodness of fit	Value	Fit Criteria
RMSEA (Root Mean Square Error of Approximation)	< 0.05	0.024	Fit
SRMR (Standardized Root Mean Square Residual)	< 0.10	0.084	Fit
CFI (Comparative Fit Index)	> 0.90	0.992	Fit
TLI (Tucker-Lewis Index)	> 0.90	0.992	Fit

The reliability estimation results were calculated through Cronbach's Alpha. The results of the reliability coefficient for each dimension are as follows: 0.830 for the reliability value of the exhaustion dimension in parental role, 0.782 for the reliability value of contrast with previous parental self, 0.737 for the reliability value of feeling of being fed up, and 0.721 for the reliability value of emotional distancing. The composite reliability coefficient obtained is 0.896.

The confirmatory factor analysis testing process of all dimensions involving all 23 items from the four existing dimensions yielded a goodness of fit criteria value, namely RMSEA of 0.024, SRMR of 0.084, CFI of 0.992 and TLI of 0.992. The model is deemed to have a fit when viewed from four goodness of fit index parameters (RMSEA, SRMR, CFI, and TLI), as indicated by the index of goodness of fit obtained.



It is recommended that future researchers enhance the robustness of the study by expanding the sample size to meet specific criteria and employing more representative sampling techniques. Additionally, future researchers could validate the scale content through alternative methods, involving translators with pertinent educational backgrounds in the research topic for the translation process. Furthermore, it is recommended that subsequent studies explore additional validity estimations, such as criterion-related validity or concurrent validity, to provide a more comprehensive understanding of the scale's validity. These steps would contribute to the strengthening of the reliability and validity of future research findings in this area.

Tabel 2. Independent Samples T-Test

	W	dfp
Parental Burnout	1742.000	< .001

Note. Mann-Whitney U test.

Based on the table, it is known that the p value is < 0.001 because the p value < α 0.005, the hypothesis that reads "There are differences in parental burnout experienced by fathers and mothers" is accepted. The findings of the research study indicate that the hypothesis stating "there is a difference in parental burnout between fathers and mothers" is accepted. This implies that there is indeed a distinction between fathers and mothers. The empirical mean indicates that mothers experience higher levels of parental burnout compared to fathers.

Tabel 3. Comparative Study Results of Fathers and Mothers

Valid	Missing	Mean	Std. Deviation	Minimum	Maximum
Fathers (86)	0	32.977	10.928	23.000	79.000
Mothers (88)	0	40.898	8.384	29.000	68.000

This finding aligns with studies that suggest child-rearing for women can be both the most fulfilling and challenging experience in life. Culturally, feelings of joy and satisfaction are associated with the maternal role [26]. The interactions built with children become part of a woman's identity, wherein mothers are still considered the primary caregivers responsible for nurturing, in part due to gender socialization processes. Furthermore, psychological motives, such as attitudes and beliefs of mothers that limit fathers' involvement in childcare, the aspiration to be the perfect mother, and the presence of essentialism in parenting, wherein there is a belief that women are inherently better at parenting, also play a role [17].

Mothers frequently exhibit an excessive investment in their maternal role, which persists for an extended period. This phenomenon can be attributed to the desire to be perceived as the ideal mother, a goal that is influenced by both societal expectations and self-imposed norms. Additionally, mothers bear significant responsibilities in childcare, including those related to their children's future. However, they often doubt their own parenting abilities, which impairs their ability to fully enjoy the present moment [20]. In such controlled conditions, mothers are susceptible to external demands, which can result in stress in their parental role [27].

In line with the changing times, gender equality provides women with equal opportunities as men, including the freedom to choose, access education, and pursue careers [28]. Nevertheless, it has been demonstrated that working mothers experience a higher level of parental burnout compared to non-working mothers. This finding is consistent with the findings of study, which revealed that 53 out of 100 working mothers face challenges in balancing dual roles [22]. The When women are unable to effectively balance their roles at work and in the household, it can result in what is defined as a conflict of dual roles. Married individuals experience higher levels of dual role conflict compared to unmarried individuals, particularly when they have children. The primary responsibility of child-rearing ascribed to women in the household exerts a significant influence on the conflict of dual roles [22].

Working mothers encounter a number of challenges, including time management, difficulty in meeting their responsibilities as mothers, and managing workplace issues. Additionally, other job-related factors, such as the work environment, inflexible working hours, and high job intensity, also contribute to these difficulties. Indirectly, a mother's decision to work affects the child-rearing process, requiring mothers to invest more time and energy in childcare and household chores [29]. It is not uncommon for mothers to sacrifice leisure time and rest for childcare. Intense physical fatigue is linked to stress and anxiety in mothers, which can have a negative impact on their mental health. Intense physical and emotional exhaustion is a contributing factor to maternal parenting, which can lead to parental burnout [20]. Despite the fatigue experienced by working mothers, they are unable to abandon their role in childcare. This results in mothers becoming emotionally distant from their children impact of these dual roles leads to tension, guilt, fatigue, and frustration [30].

The concept of dual roles encompasses women's roles at home as homemakers, independent individuals, wives, and child caregivers, while also fulfilling their roles as employees [31]. Women who opt for dual roles are confronted with the challenges of their careers alongside responsibilities as homemakers, which presents unique challenges for women in managing dual roles [32]. The factors driving women to pursue dual roles, namely, working and managing household duties, include attaining higher education, increasing household income, and gaining recognition from the community [19].

Hartati's research indicates that working mothers frequently encounter difficulties in simultaneously fulfilling their roles due to the demands placed upon them. When mothers are unable to balance their roles at work and in household matters, it can result in conflicts between partners, fatigue, difficulties in forming attachment with children, and challenges in establishing effective communication within the family [33]. Furthermore, research by Gillis & Roskam indicates that parental burnout has a direct impact on the parent-child relationship. When parents experience fatigue, they perceive their children as more challenging during interactions. Additionally, the negative effects of parental burnout on the parent-child relationship occur not only at high levels but also at low levels, which poses a threat to the quality of the parent-child relationship [34].

Future research endeavors should incorporate a broader array of variables, including but not limited to parental coping mechanisms, social support networks, parenting styles, and work-family conflict. By examining these factors alongside gender differences, a more nuanced understanding of parental burnout can be achieved.

Enhanced Involvement of Fathers: Efforts should be made to increase the participation of fathers in research on parental burnout. Strategies may include targeted recruitment methods, providing incentives for participation, and promoting awareness of the importance of paternal perspectives. Moreover, future studies should specifically explore differences in parental burnout between working and non-working fathers to capture the full spectrum of parental experiences.

In conclusion, while the current study provides valuable insights into gender differences in parental burnout, it is essential to acknowledge its limitations and strive for greater inclusivity and breadth in future research

endeavors. By addressing these constraints and broadening the scope of inquiry, we can advance our understanding of parental burnout and develop more effective interventions to support struggling parents.

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