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Analysis of parental burnout conditions during the Covid-19 pandemic in Indonesia

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Abstract

Purpose - This research aimed to describe the level of parental burnout of parents in children during the COVID-19 pandemic.

Method - Measurements were carried out using the Maslach Burnout Inventory (MBI) instrument. Participants in this research amounted to 164 people spread across various regions in Indonesia.

Result - 15% of parents experienced a high level of parental burnout, 64% of parents experienced a moderate level of parental burnout and 21% of parents experienced a low level of parental burnout in the care of children under 18 years old during the COVID-19 pandemic. The results of another survey of the need for assistance were that 96% of parents answered that it was necessary to provide a self-healing guidebook related to mental health issues (self-therapy).

Implications – This research has an impact on developing a first aid handbook to assist parents in identifying and dealing with parental burnout independently through self-healing therapy.

Originality – This research is an overview of the need for assistance that can be provided or developed by further researchers especially in the care of children under 18 years old during the COVID-19 pandemic.

Keywords: Parenting, burnout, parental burnout, covid pandemic.

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Abstrak

Tujuan - Penelitian ini bertujuan untuk mendeskripsikan tingkat parental burnout orang tua pada anak selama masa pandemi COVID-19.

Metode - Pengukuran dilakukan dengan menggunakan instrumen Maslach Burnout Inventory (MBI). Partisipan dalam penelitian ini berjumlah 164 orang yang tersebar di berbagai daerah di Indonesia.

Hasil - 15% orang tua mengalami tingkat kelelahan orang tua yang tinggi, 64% orang tua mengalami tingkat kelelahan orang tua yang sedang dan 21% orang tua mengalami tingkat kelelahan orang tua yang rendah dalam mengasuh anak di bawah usia 18 tahun selama masa pandemi COVID-19. Hasil survei lain tentang perlunya pendampingan adalah 96% orang tua menjawab perlu menyediakan buku panduan self-healing terkait masalah kesehatan mental (self-therapy).

Implikasi - Penelitian ini berdampak pada mengetahui praktisi kesehatan mental dan psikiatri dapat mengembangkan buku pegangan pertolongan pertama untuk membantu orang tua dalam mengidentifikasi dan menangani kelelahan orang tua secara mandiri melalui terapi penyembuhan diri.

Originalitas - Penelitian ini merupakan gambaran tentang perlunya bantuan yang dapat diberikan dan atau dikembangkan oleh peneliti selanjutnya khususnya dalam pengasuhan anak di bawah 18 tahun selama masa pandemi COVID-19.

Kata kunci: Mengasuh anak, kelelahan, kelelahan orang tua, pandemi covid.

Introduction

The roles and responsibilities of parenting during the COVID-19 pandemic are getting wider and increasingly diversified. The results of Kurniati et al (2020) research showed that in general, the role of parenting is as a guide, educator, guard, developer, and supervisor. In particular, the role of parenting during the pandemic is to maintain and ensure that children implement a clean and healthy life, accompany children in doing school works, do activities together while at home, create a comfortable environment for children, establish intense communication with children, play together with children, being a role model for children, provide supervision to family members, feed and meet family needs, and guide and motivate children, provide education, maintain religious values, carry out variations and innovations in activities at home.

The complexity of the parenting role during the pandemic also experienced unequal gender roles from both parents. Based on survey data on 1,302 households with small children in East Java, it was found that the interaction of parenting roles with toddlers increased by 38% during the pandemic. However, the conditions of care are not equally divided between the roles of mothers and fathers. Mothers remain the dominant parents in parenting. Survey data showed that 52.1% of mothers' care was at a similar level of interaction before the pandemic, and 44.4% of care spent more time interacting with their children (Alfah, 2020).

The survey results of the National Commission on Violence Against Women (National Commission for Women, 2020) found that there was an imbalance in parenting roles during the COVID-19 pandemic. Based on survey data on 2,193 respondents, it showed that the burden of household work performance was increasing, especially cooking and washing clothes which have increased significantly since covid-19. Women work twice as much as men in terms of doing household work with durations longer than 3 hours per day. National Commission for Women received a report that the increase in household works had an impact on the psychological stress of the respondents (National Commission for Women, 2020).

Other things that cause psychological stress during the pandemic are the frequent emergence of anxiety about the transmission of Covid virus infection to family members and friends (Temsah et al., 2020), the uncertainty of conditions during the pandemic (Vibriyanti, 2020), thoughts for hours related to Covid issues, and anxiety if there are family members who have direct contact with confirmed or suspected Covid patients (Ying et al., 2021; Winurini, 2020).

Another concern can be seen in the increase (70%) of users of psychological help service hotline calls during the pandemic (Wang et al, 2020). The number of psychologist consultations through the gooddoctor.com application increased seven times compared to the beginning of the pandemic in April 2020. A survey of 4,000 gooddoctor.com's respondents throughout Indonesia found that 65% of respondents experienced anxiety, 62% experienced depression, 80% experienced psychological trauma due to unpleasant experiences during a pandemic.

There are various psychological effects from stress to burnout on parents (mothers) during the pandemic. Based on the results of the Family Resilience survey conducted by the Bogor Agricultural University (IPB) it was found that 66% of respondents experienced disorders in the form of being easily anxious and restless (50.6%), easily sad (46.9%), difficulty concentrating (35.5%). (Sunarti, 2020); and disturbed sleep patterns (Fu et al., 2020).

In addition, other stressors during COVID-19 were also influenced by the condition of families who have a large number of children (3-5 children and above). According to survey data (National Commission for Women, 2020), the more children the more expense. This expense has increased due to additional costs for (1) internet quota while studying and working from home, (2) the need for adequate technological facilities such as laptops or mobile phones for working and studying online from home, and (3) increasing food prices. The condition of increasing the burden of expenditure is an economic problem experienced by parenting during the COVID-19 pandemic. Other economic problems arise from the condition of parents who have experienced layoffs and decreased income (Ngadi et al., 2020), according to data from the Ministry of Manpower in May 2020, the number of workers, including formal and informal workers, apprentices, and prospective migrant workers, 3.06 million people were affected by layoffs and suspended due to Covid-19. In addition, the condition of the cessation of community economic activities with the holding of an emergency PPKM (restrictions towards community activities) has an impact on the decline and even lack of family income for traders, so that shop businesses close due to losses (Niko, 2021).

Another impact of stress from the turmoil of family resilience during the COVID-19 pandemic is the occurrence of domestic violence, both economically, psychologically, physically, and sexually. According to Komnas Perempuan, cases of domestic violence experienced a sharp increase during the pandemic. 1,828 respondents acknowledged that economic violence was the main trigger for other violence. Like a domino effect, the results of a survey by the Indonesian Child Protection Commission (KPAI) regarding data on violence against children during the pandemic also experienced a significant increase. The child admitted that he or

she often experienced physical violence from their parents such as being pinched (39.8%), grabbed (19.5%), hit (10.6%), pulled (7.7%). According to the children, the perpetrators of the physical violence were the mother (60.4%), brother or sister (36.5%), and father (27.4%). Psychological violence was also often accepted by children. Such as being scolded (56%), compared to other children (34%), being yelled at (23%), and being glared at (13%). Based on the children's confession, as many as 79% of mothers, 42% of fathers, and 20.4% of the total 25,164 children who were survey respondents committed psychological violence. (Pranawati et al, 2020).

This research will analyze stress conditions to parenting burnout experienced during the COVID-19 pandemic. Parental burnout is not ordinary parenting stress (Brianda et al, 2020). Parental burnout is defined as a state of intense exhaustion associated with the parenting role, in which a person becomes emotionally detached from their children and doubts their ability to be a good parent (Roskam et al, 2017). The impact of parental burnout for parents is a serious condition with severe consequences for parents (for example, suicidal ideation) (Brianda et al, 2020) excessive anxiety disorders, high stress to symptoms of depression that have the potential to commit violence against children (Brown et al, 2020). In addition, parents become emotionally distant from their children: they become less and less involved in relationships with their children, and interactions that occur are limited to the functional/instrumental aspect at the expense of the emotional aspect. Therefore, they no longer feel like good parents and lose the fun of being with their children (Hubert & Aujoulat, 2018; Roskam, Brianda, & Mikolajczak, 2018).

Based on the various challenges and conditions of parental care during the pandemic, the purpose of this research is to obtain an overview of parental burnouts, especially those that occur in Indonesia. The results of this research can contribute new knowledge through the presentation of descriptive statistical data with survey methods that are only addressed to respondents who have children under the age of 18.

In addition, this research is to see an overview of the need for assistance that can be provided and or developed by further researchers especially in the care of children under 18 during the COVID-19 pandemic. The researcher raised

(respondent issues) parents in the care of children under the age of 18 years based on Law No. 23 of 2003 concerning child protection that every child has the right to know their parents, to be raised and cared for by their parents (Soekarnoputri, 2002).

Research Method

The research method used a quantitative descriptive study with a survey type. The survey data collection used the google form platform in the range of 2020 to 2021. Demographic description of respondents show in [table 1](#).

Table 1. Demographic Description of Respondents

Category	Total	Percentage
Gender		
Men	65	40
Women	99	60
Family Role Function		
Father	63	38
Mother	97	59
Single Parent	4	3
Parents Age Range		
18 – 30 Years	14	9
31 – 40 Years	60	37
41 – 50 Years	67	41
51 – 60 Years	20	12
Above 60 Years	3	2
Parents' Employment Status		
Full time	102	62
Part-time	44	27
Unemployed	13	8
Student/University Student	5	3

The respondents of this research consisted of 164 parents aged 18 to 60 years old and over who cared for underage children. (less than 18) ($M=4$; $SD=1$) from various regions in Indonesia.

The Maslach Burnout Inventory (MBI) is an instrument designed to assess the three components of the burnout syndrome, namely emotional exhaustion, depersonalization, and decreased self-achievement (Maslach et al, 1996). There are 22 MBI items that have been adapted to the context of parenting in this research survey. In more detail, the distribution of the components is as follows: 9 items of emotional exhaustion, 5 items of depersonalization, and 8 items of decreasing self-achievement. The items on the MBI have previously been translated into various languages, namely French, German, Dutch, Spanish, Italian, Swedish, Finnish, Polish, Hebrew, and Japanese (Maslach et al., 1996). The MBI items are answered by filling in the choices on a survey scale ranging from 0 "Never" to 6 "Every Day". In this research, the MBI used was adapted in Indonesian in Mizmir's research (2011) until it was finally adapted to the context of parental care. The test results used on 39 respondents have an Alpha Cronbach's reliability calculation of 0.912. The overall statement items of the Parental Burnout instrument in the Cronbach's Alpha column "If Item Deleted" is known to have a score > 0.60 . So, all 22 statements are considered reliable. The validity of the instrument is carried out by rational analysis and expert consultation (professional judgment). Data analysis in this research used descriptive statistics. Categorization of classification of high, medium, and low burnout scores are adjusted to the average score and standard deviation of all respondents.

Results and Discussion

Table 2. Categorization of burnout scores

Categorization	Burnout score range		
High	>	102	
Medium	102	-	59
Low	<	59	

Based on the determination of the level of categorization of the average value and standard deviation in [table 2](#), the parental burnout score can be categorized as high if the participant has a score of more than 102, is categorized as a medium if it has a value above 59, and if it is below 59 it is categorized as low. It is known that the highest score of participants is 132 and the lowest score is 37. The score results show that 15% of parents (24 participants) experienced a high level of parental burnout, 64% of parents (105 participants) experienced a medium level of parental burnout, and 21% of parents (35 participants) experienced low levels of parental burnout in the care of children under the age of 18 during the covid-19 pandemic.

Table 3. Description of the mean and standard deviation of components

Parental Burnout Scale	Average	Standard Deviation
Emotional Fatigue	3,13	2,07
Depersonalization	2,42	2,01
Decreased in Self Achievement	5,00	1,18
Total score	10,5	3,97

Based on the data per component in [table 3](#), it appeared that the parents have the highest average score on the aspect of decreased self-achievement (5.00). Decreased self-achievement is related to a person's tendency to evaluate oneself negatively, feeling unhappy about oneself and dissatisfied with the achievements that have been achieved (Maslach et al., 1996). The emotional exhaustion component is the exhaustion of emotional sources from within so that feelings of frustration, sadness, breakup, saturation, and so on have the second-highest average score (3,13). While the depersonalization component is a personal

tendency to shut down, be cynical, apathetic; do not care about the surrounding environment (2.42).

Based on all the standard deviation scores of each component, it is known that the standard deviation score is lower than the average value score. It can be interpreted that the sample data obtained is still considered to be less varied or the majority of samples from the population have many similarities. In its development, the depersonalization component, especially in the case of parental burnout, is developed into an aspect of emotional distance that occurs to someone (emotional distancing) (Roskam et al, 2018).

Table 4. Description of the component level categories of parental burnout aspect

Component	High	Medium	Low
Emotional Fatigue	18%	63%	19%
Depersonalization	11%	17%	18%
Decreased Self Achievement	-	92%	8%

Based on the determination of the level of categorization of the average value and standard deviation of the components of the parental burnout aspect in table 4, the majority of participants received a moderate score in each aspect. On the aspect of emotional exhaustion, 18% of parents (29 participants) had high emotional exhaustion, 63% of parents (104 participants) had moderate emotional exhaustion, and the remaining 19% of parents (31 participants) had low emotional exhaustion. In the aspect of depersonalization, 11% of parents (18 participants) had high depersonalization, 71% of parents (117 participants) had moderate depersonalization and the remaining 18% parents (29 participants) had low depersonalization. In the component of decreased self-achievement, 92% of parents (151 participants) had a moderate decrease in self-achievement, and 8% of parents (13 participants) experienced a low decreased self-achievement. Schaufeli and Van Dierendonck (Schaufeli & Buunk, 2004) explained that the level of burnout is declared high if the score for social exhaustion and depersonalization is high, but the score for decreased self-achievement was low.

Table 5. Description of parental burnout by gender

Gender	High	Medium	Low
Men	15%	68%	17%
Women	15%	62%	23%

Based on the results of the gender analysis in [table 5](#), it can be seen that the majority of male respondents (68%) and females (62%) experienced moderate levels of parental burnout during the pandemic. However, in another research, it was informed that mothers became the dominant parent in parenting during the pandemic (Alfah, 2020) and the workload of female parents increased twice that of males in terms of doing household chores, with a duration of more than 3 hours per day. This condition illustrates that the gender of women as the main caregivers in Indonesia has quite good resilience and struggle for family resilience when facing gender inequality in child care during the pandemic.

Table 6. Description of parental burnout by age

Age Range Category	High	Medium	Low
18 – 30 People (14 People)	7%	71%	21%
31 – 40 People (60 People)	12%	70%	18%
41 – 50 People (67 People)	18%	58%	24%
51 – 60 People (20 People)	25%	60%	15%
Above 60 Years (3 People)	-	67%	33%

Based on the results of the analysis of the age range categories in [table 6](#), it is known that the overall majority of each category experienced parental burnout at a moderate level, no significant differences were found even though there were differences in age in dealing with parental burnout. In this research survey, the results of the overall categorization, component aspects of parental burnout, as well as demographics, the majority of participants experienced moderate levels of parental burnout.

This was possible because the resilience and coping skills of parents in managing stress management were quite good. The spirit to survive positively was also shown by attending webinars with the theme of mental health issues, from the results of a survey on the need to provide self-therapy guidebooks from

managing stress to burnout. 96% of parents (157 participants) answered that it was necessary to provide self-healing guidebooks related to mental health issues (self-therapy) to help parents who are facing parental burnout during the pandemic. Therefore, mental and psychiatric health practitioners can develop a first aid handbook to assist parents in identifying and dealing with parental burnout independently through self-healing therapy.

Conclusion

The results of the research can be concluded that in the range of 2020-2021, it was known that from 164 respondents, 15% of parents (24 participants) experienced a high level of parental burnout, 64% of parents (105 participants) experienced moderate level of parental burnout, and 21% of parents (35 participants) experienced moderate burnout. Parental burnout is at a low level in the care of children under 18 during the covid-19 pandemic in Indonesia.

The data from this research can be a source of new knowledge for mental health practitioners, parents who take care of children under 1, as well as researchers in various scientific fields. Apart from that, based on the survey results, it is known that 157 respondents (96%) agree that they need independent assistance through handbooks that can be provided and/or developed by professional experts or further researchers.

Based on the results of the research survey, all respondents agreed that mental and psychiatric health practitioners can develop a first aid handbook to assist parents in identifying and overcoming parental burnout independently through self-healing therapy. Considering the needs of parents in managing stress to parental burnout during the pandemic that never ends. The survey results of this descriptive research show that the majority of parents experience a moderate level of parental burnout.

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