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Inventory of Parental burnout (PBI) in Darkhan-Uul province, Mongolia

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Abstract: This study aimed to diagnose parental burnout and identify its underlying causes, subsequently providing recommendations for prevention. The research was conducted in two stages: initially, parental burnout levels among parents in Darkhan-Uul province were assessed, revealing an overall burnout level below average, although a subset of parents exhibited high levels of burnout. This initial diagnosis is crucial as it enhances the potential for early intervention and prevention. In the second stage, interviews were conducted to explore the causes of parental burnout, identifying common factors such as overworking, child behavior problems, sleep and eating disorders, children's health issues, and being a new parent. The findings highlight the significance of diagnosing parental burnout, understanding its causes, and implementing effective preventive measures. Additionally, the study emphasizes the need for ongoing research to address parental burnout comprehensively over the long term, thereby supporting the mental health and well-being of both parents and their children.

Keywords: disorder, depression, stress, addiction.

I. Introduction

Child abuse remains a critical public health issue in Mongolia, with statistics from 2023 indicating a 20% increase in reported cases compared to previous years [1]. Notably, the majority of these incidents occur within the home, highlighting the urgent need for preventive strategies that address the underlying familial dynamics. Early diagnosis and identification of parental burnout have emerged as essential measures to mitigate the risk of child abuse [2]. Parental burnout is characterized by chronic emotional and physical exhaustion, emotional distancing from one's children, and a diminished sense of parental accomplishment [3]. This condition arises from prolonged exposure to high levels of stress and insufficient resources to manage parenting responsibilities effectively [4]. The impact of parental burnout extends beyond the immediate family, adversely affecting both the mental health of parents and the well-being of their children. Parents experiencing high levels of burnout are at an increased risk of developing mental health issues such as depression and anxiety, which can further strain the parent-child relationship [5].

Despite the inherent rewards of parenting, many parents struggle to manage stress effectively, leading to burnout and its associated negative outcomes [6]. Understanding the factors that contribute to parental burnout is crucial for developing targeted interventions aimed at supporting parents and fostering healthy family environments [7]. This study focuses on diagnosing the prevalence of parental burnout in Darkhan-Uul province, Mongolia, identifying its primary causes, and providing recommendations for prevention based on empirical findings. By addressing these factors, it is possible to enhance the overall well-being of families and reduce the incidence of child abuse.

Research Question:

What are the causes of parental burnout in Darkhan-Uul province?

Research Objectives:

To assess the levels of parental burnout among parents in Darkhan-Uul province.

To investigate the potential correlations between parental burnout and parents' age or the number of children they are raising.

To identify the factors contributing to parental burnout.

To provide recommendations and insights for preventing parental burnout.

II. Literature Review

Parenting, while inherently rewarding, can also present significant stressors that may lead to parental burnout when parents lack adequate resources to manage these challenges [1]. Parental burnout is characterized by a state of chronic emotional and physical exhaustion, detachment from one's children, and a reduced sense of parental accomplishment [2]. This condition is distinct from general burnout as it is specifically related to the demands and responsibilities of the parental role [3].

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Extensive research has identified several antecedents of parental burnout, including excessive parenting demands, lack of social support, and high levels of parental stress [4]. For instance, overworking, child behavior problems, and health issues in children have been documented as significant contributors to parental burnout [1]. Despite the increasing understanding of these precursors, the consequences of parental burnout are less explored. Recent studies indicate that parental burnout can lead to severe outcomes, including suicidal ideation and a desire to escape the parental role [1].

Symptoms of parental burnout are multifaceted and include mental and physical exhaustion, irritability, isolation, loss of productivity, emotional detachment, sleep issues, cognitive impairments, feelings of inadequacy, and questioning of parental choices [2]. Parents experiencing burnout often report feeling completely drained and fatigued, even after adequate rest [2]. Increased frustration and decreased patience are common among burnt-out parents, leading to strained relationships and reduced engagement with their children [2]. Additionally, burnout can result in parents withdrawing from social interactions, feeling isolated in their struggles, and experiencing a decline in their ability to perform daily tasks effectively [2].

The Parental Burnout Inventory (PBI), developed by Roskam et al. [2], is a widely used tool for assessing the levels of burnout among parents. The PBI evaluates three dimensions: emotional exhaustion, emotional distancing, and a sense of parental ineffectiveness [2]. Studies utilizing the PBI have provided valuable insights into the prevalence and predictors of parental burnout, highlighting the need for targeted interventions to support affected parents [3].

Despite the growing body of research on the antecedents and symptoms of parental burnout, there remains a need for comprehensive studies that explore both the causes and long-term effects of this condition. This study aims to contribute to the existing literature by diagnosing the levels of parental burnout in Darkhan-Uul province, Mongolia, and identifying the primary factors contributing to it, thereby informing prevention strategies.

III. Research methodology

The research methodology is carefully planned to diagnose parental burnout by Parental Burn out Investigation (PBI).

3.1 Subjects: Firstly, web –based questionnaire was distributed from parents in Darkhan-Uul province, and 129 valid questionnaire were obtained after invaled questionnaires were excluded. There were 129 parents who aged from 18 to 56 with at least one child. Also 116 parents live with their own child, and 13 parents are stepmother or stepfather. (table.1)

3.2 Tools:

Parental burnout inventory (PBI)

Parental burnout was assessed for comparative purposes with the Parental Burnout Inventory1 (PBI, Roskam et al., 2017), a 22-item self-report questionnaire which has been created based on a deductive approach starting from the tridimensional model of professional burnout (Maslach and Jackson, 1981; Maslach et al., 2001). The PBI consists of three subscales: Emotional Exhaustion (8 items) (e.g., I feel emotionally drained by my parental role), Emotional Distancing (8 items) Items are rated on 7-point Likert scales: never (0), a few times a year or less (1), once a month or less (2), a few times a month (3), once a week (4), a few times a week (5), every day (6). In the current sample, Cronbach's alphas were 0.92, 0.89, 0.85 for the three subscales and 0.91 for the global score (i.e., the sum score of all PBI items). Alphas were similar in the French and English versions of the questionnaire with respectively 0.94 and 0.92 for Emotional Exhaustion, 0.87 and 0.90 for Emotional Distancing, 0.85 and 0.85 for Loss of Parental Accomplishment, and 0.92 and 0.91 for the global score.

Semi-Structured Interviews

Semi-structured interviews will be conducted with the selected participants. The interviews will be guided by a set of open-ended questions that align with the research objectives and questions.

Research Limitations of the research

It is important to acknowledge potential limitations of the research. The findings will be specific to the context of Darkhan-Uul province, and generalizability to other settings may be limited.

IV. Result and discussion

A result of SPSS analysis:

The descriptive analysis result (mean, mode, median):

Q1 mean, mode, median= 2, which means that parents are spending on their free time with their child at least 4-8 hours.

Q2 mean, mode, median=1, which means that parents have at least one partner who helps them to bringing up their child.

Q3 mean, mode, median=1, which means that parents are employees who have a job at any public or private sector.

Q4 mean, mode, median=2, which means that parents feel mental and physical exhaustion from one to two times a year.

Q5 mean, mode, median=2, which means that parents feel unsatisfied for being their parenting or responsibility from one to two times a year.

Q6 mean, mode, median=2, which means that parents feel emotional de attachment or isolation from one to two times a year. (table.2)

Statistics						
Variant		age	Gender	Born number	child together	The number of living child adopted
N	Valid	129	129	129	129	129
	Missing	0	0	0	0	0
Mean		1.92	1.88	2.26	2.32	1.91
Median		2.00	2.00	2.00	2.00	2.00
Mode		2	2	2	2	2
RESULT		26-45	Female	With 2 child	With 2 child	No

Table.1 Descriptive statistics of main variables

Statistics							
		Spending qualitative free time with their child (Q1)	Partner to help them (raising the child) (Q2)	Employee or job (Q3)	Mental and physical exhaustion (Q4)	Satisfaction of parenting responsibility (Q5)	Emotional detachment or isolation (Q6)
N	Valid	129	129	129	129	129	129
	Missing	0	0	0	0	0	0
Mean		2.62	1.24	1.78	1.76	2.25	1.88
Median		2.00	2.00	2.00	2.00	2.00	2.00
Mode		2	1	1	2	2	2
Result		4-8 hours	Yes	Employee	1 or 2 times a year	1 or 2 times a year	1 or 2 times a year

Table.2 Descriptive statistics of main variables

Correlation Analysis:

Correlation analysis was undertaken to ascertain the consistency of trends in variations between two variables. The variables under scrutiny in this study demonstrated statically significant correlations at $r= 0.5$, $r= 0.3$ at the 0.01 level. It is noteworthy that robust correlations were discerned between “an employee or job of parents”, “Spending qualitative free time with their child”, as well as between “Satisfaction of parenting or responsibility”, “Mental and physical exhaustion”,

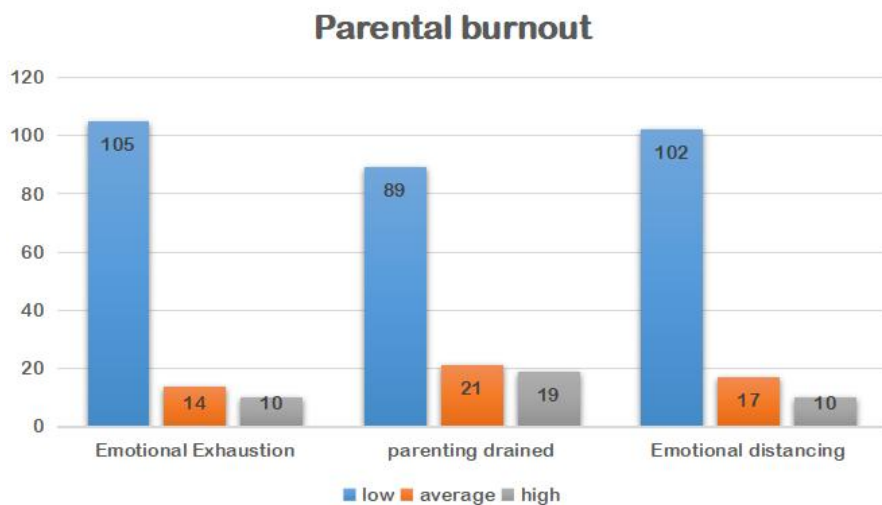


Figure.1 a level of parental burnout in Darkhan-Uul province

This graph illustrates a level of parental burnout in Darkhan-Uul province, which consists of three subscales, namely, emotional exhaustion, emotional distancing from their child and burn out of being parenting or responsibility of parent.

Overall, a level of parental burnout in Darkhan was low, but we should consider that there are some parents who had diagnosed a high level of PBI. (100 person per 1)

A result of an interview

After diagnosing PBI, we talked parents who was indicated a high level of parental burnout. According to this interview, parents defined a cause of parental burnout.

Disorganized home, unclean rooms

Overworking

Chronic illness of child

Child behavior problems such as ADHD, learning difficulties.

Parents could not sleep well or sleeping disorders

Also, these parents have been cope with some physical and mental problems such as sleeping disorders, eating disorders, depression, because of parental burn out.

Conclusion

This study provided significant insights on parental burn out of parents in Darkhan-Uul province. In the first stage, we diagnosed parental burn out. As a result, most of parents was a low level of PBI. However, a few number of parents with a high level of PBI faced with physical and mental difficulties such as depression, eating or sleeping disorder because of parental burn out.

In addition, single mother or single father, pregnant mother tend to feel emotional exhaustion while retired parents are more isolated from their child than other parents. Also this study highlights the main symptoms and cause of parental burn out.

In conclusion, the main reason of parental burn out was disorganized or unclean home, overworking, child mental and physical illness, behavior problems. Furthermore, a high level of parental burn out influences mental health of parents chronically. Therefore, parents should be diagnosed as much early as possible and learn more this concept. Also, if you are single mother or single father, you could prevent from parental burn out as taking other's help. In terms of a young parents, they always pay attention for being perfect parents, which accelerates some symptoms of parental burn out.

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