

PARENTAL BURNOUT AMONG MOTHERS: THE ROLE OF COPING STYLES AND PSYCHOLOGICAL FACTORS

PATRIK M. BOGDÁN¹, KATALIN VARGA², SZANDRA KATONA³, KRISTÓF GRÓF¹, JÓZSEF BETLEHEM¹, IMRE BONCZ⁴, ANNAMÁRIA PAKAI⁴

¹ Faculty Of Health Sciences, Doctoral School Of Health Sciences, University Of Pécs, H-7621 Pécs, Hungary

² Department Of Affective Psychology, Faculty Of Education And Psychology, Eötvös Loránd University, H-1064 Budapest, Hungary

³ Faculty Of Health Sciences, Institute Of Basics Of Health Sciences, Midwifery And Health Visiting, University Of Pécs, H-7621 Pécs, Hungary

⁴ Faculty Of Health Sciences, Institute Of Emergency Care, Pedagogy Of Health And Nursing Sciences, University Of Pécs, H-7621 Pécs, Hungary

OBJECTIVES

Parental burnout is a state of psychological exhaustion arising from chronic parenting-related stress. It is marked by emotional exhaustion, emotional distancing from one's children, feelings of being overwhelmed, and a perceived sense of inadequacy in the parental role. The present study aimed to examine the associations between coping styles, sociodemographic characteristics, and parental burnout in a Hungarian sample.

METHODS

A cross-sectional online survey was conducted among 221 mothers raising children aged ten years or younger. Parental burnout was assessed using the Parental Burnout Assessment (PBA), while coping strategies were measured with the Ways of Coping Questionnaire (WCQ).

RESULTS

Support-seeking coping strategies were associated with lower levels of parental burnout, whereas emotion-focused coping and poorer self-rated health were linked to higher burnout scores ($p < .05$). Postpartum depressive symptoms showed a strong association with emotional exhaustion and parental contrast, indicating potentially shared underlying psychological mechanisms ($p < .05$). Sociodemographic variables did not emerge as significant predictors of parental burnout ($p > .05$).

CONCLUSIONS

The findings suggest that parental burnout is predominantly psychological in nature. Strengthening emotional resilience—particularly through mindfulness-based and cognitive-behavioral interventions—may play a crucial role in both the prevention and treatment of parental burnout.

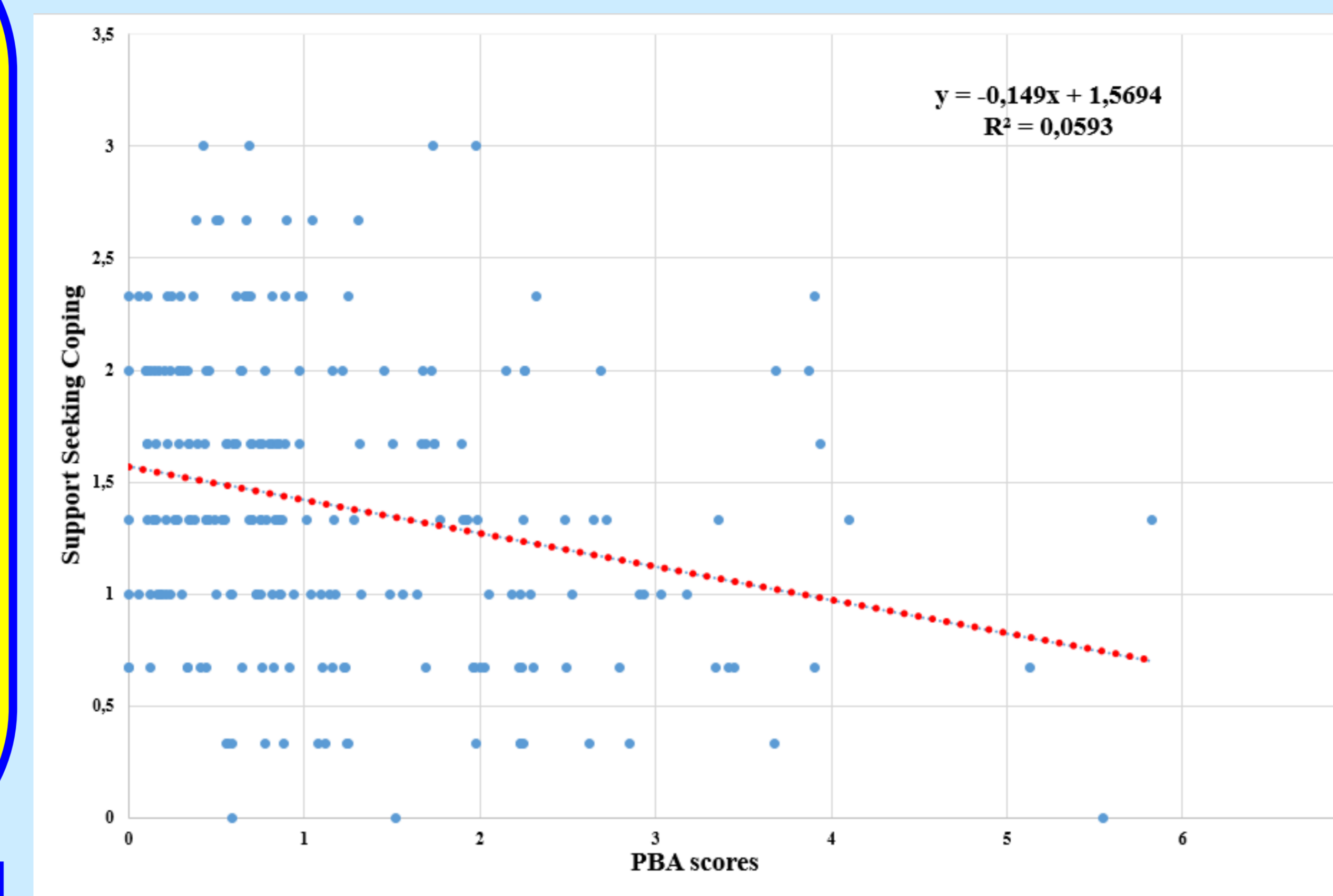


Table 1. Relationship Between Parental Burnout and Support-Seeking Coping Strategies

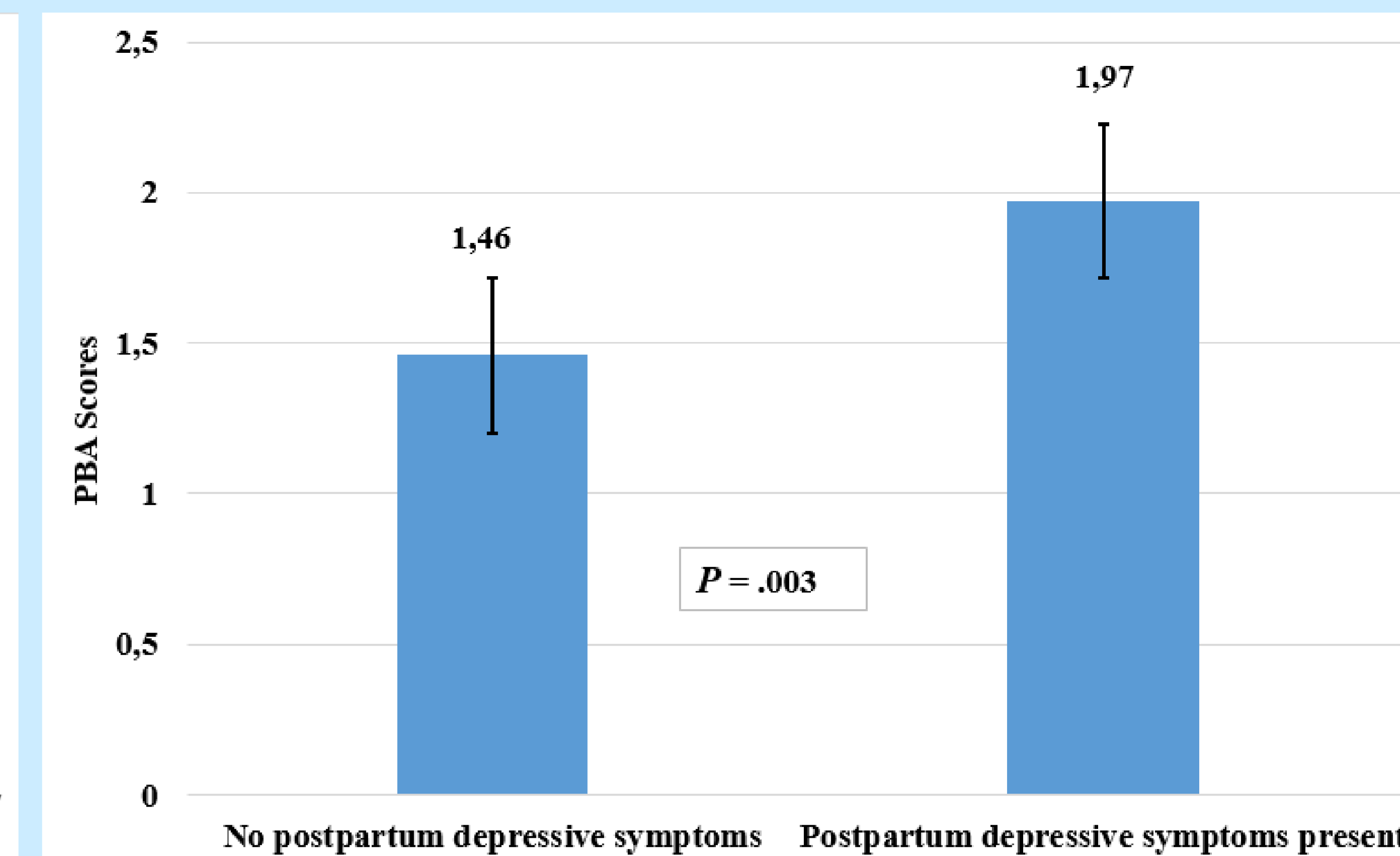


Table 2. Differences in Parental Burnout (Exhaustion) by Postpartum Depressive Symptoms

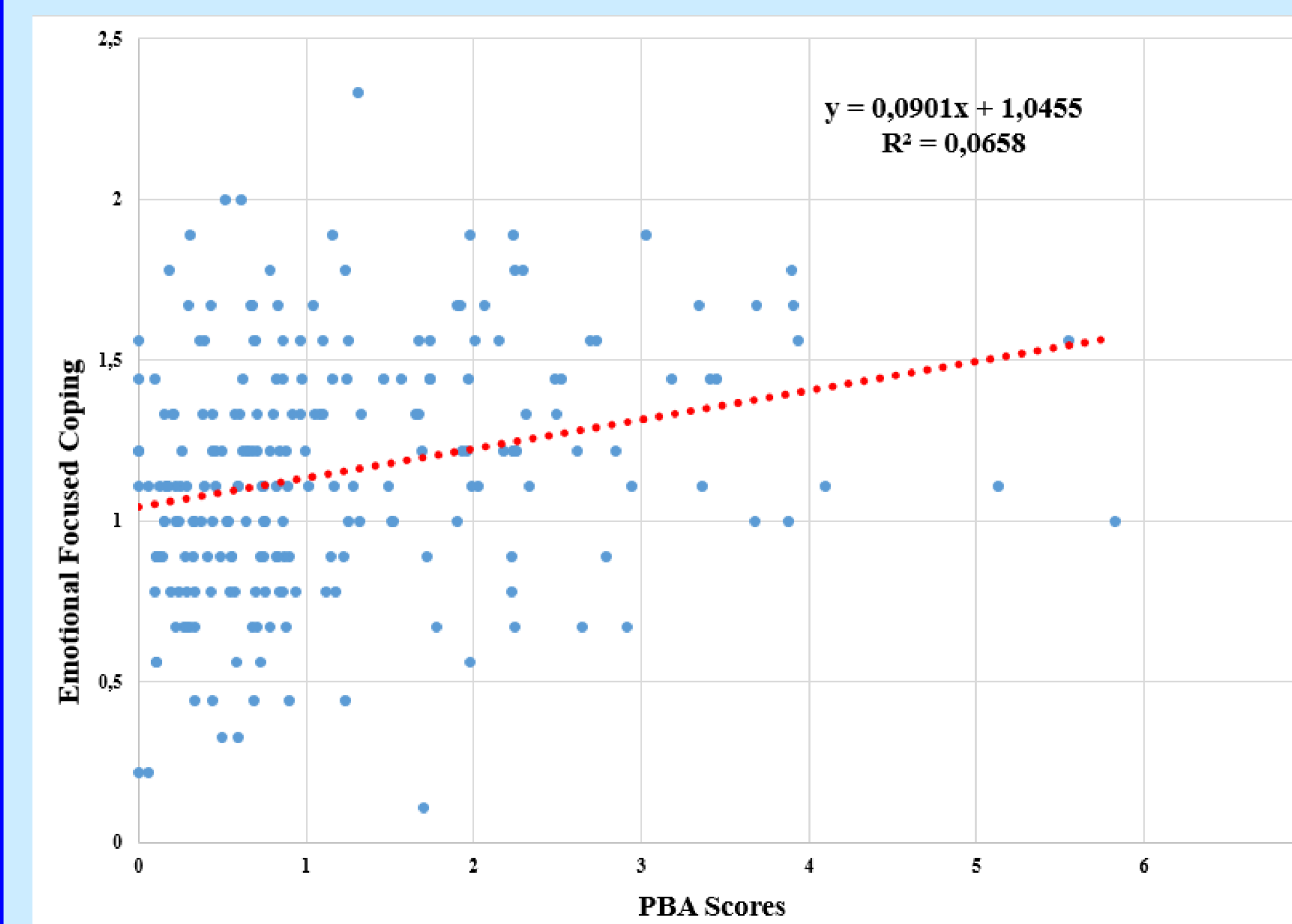


Table 3. Relationship Between Parental Burnout (PBA Scores) and Emotional-Focused Coping

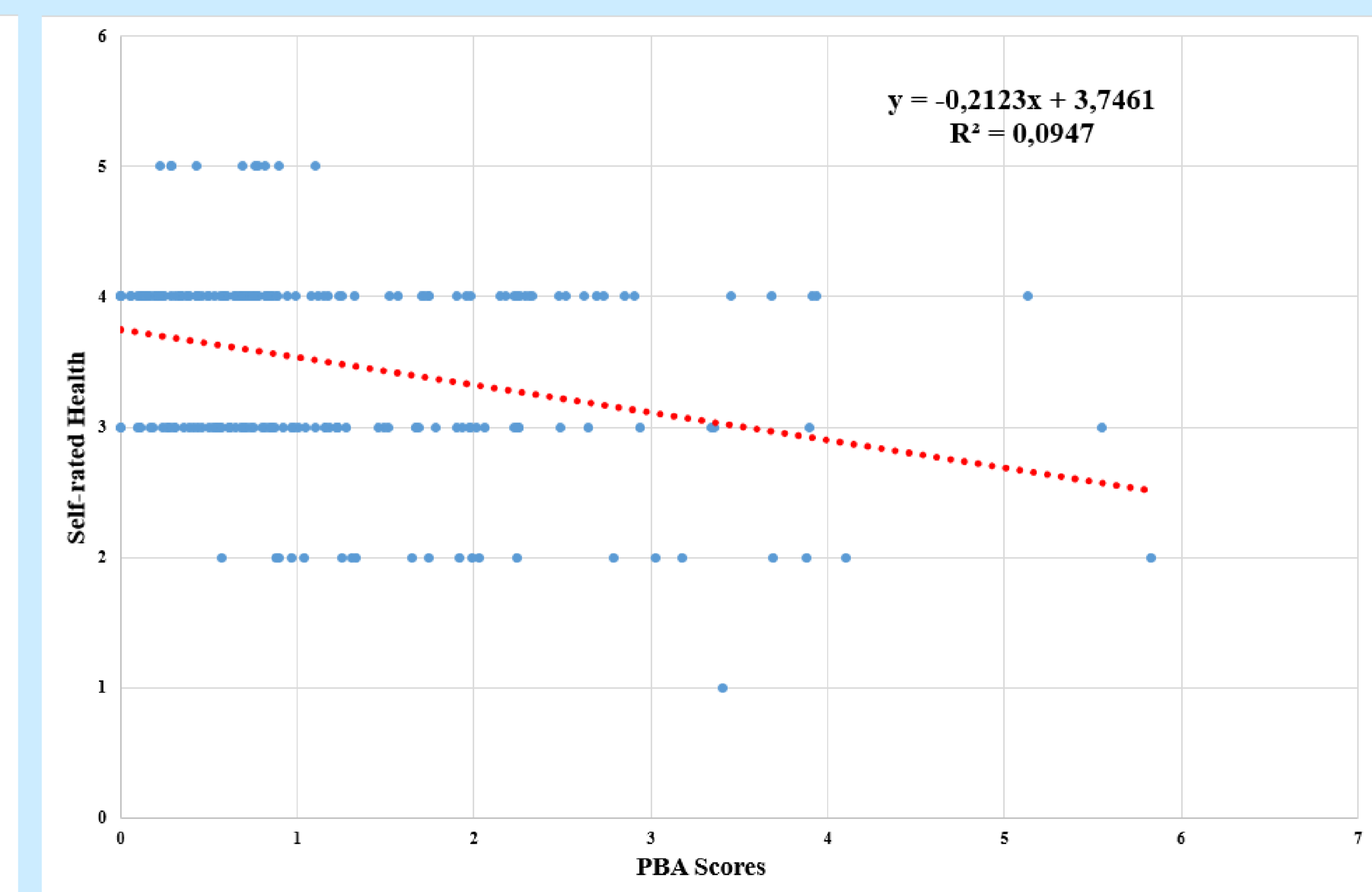


Table 4. Association Between Parental Burnout and Self-Rated Health



Corresponding author:
 Prof. Dr. Annamária Pakai
 Faculty Of Health Sciences, Institute Of Emergency Care,
 Pedagogy Of Health And Nursing Sciences, University Of Pécs, H-7621 Pécs, Hungary
 E-mail: annamaria.pakai@etk.pte.hu

