THE ROLE OF PARENTAL BURNOUT, MENTAL HEALTH AND EMOTION REGULATION STRATEGIES IN CHILDREN INTERNALIZING AND EXTERNALIZING BEHAVIORAL PROBLEMS

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Particularly mother’s mental health and emotion regulation abilities (Derogatis, 1992; Thompson, 1994) are crucial to children developmental problems. At the same time, the newly emerging construct of parental burnout (Roskam, 2018) shapes the relationship between parents and their children and also have consequences for the healthy development of the child (Mikolajczak et al., 2018). Thus this study aims to examine the role of fathers (N=82) and mothers (N=81) parental burnout on the children internalizing and externalizing behavioral problems after controlling parental mental health issues and emotion regulation strategies. Parental Burnout Scale (Roskam et. al., 2017), Brief Symptom Inventory (Derogatis, 1992), Emotion Regulation Questionnaire (Gross & John, 2003), and Children Behavior Check List (Achenbach & Rescorla, 2000) were completed by participants.

The preliminary analysis reveal that mothers’ parental burnout have a significant positive correlation with mother’s depression (r=0.45, p<0.01), mother’s anxiety (r =0.34, p<0.01), and children externalizing behavioral problems (r = 0.33, p<0.01). Based on fathers; parental burnout has a significant positive correlation with father’s depression (r=0.55, p<0.01), father’s anxiety (r =0.54, p<0.01), and children internalizing behavioral problems (r = 0.26, p<0.05). A Hierarchal regression analysis was conducted to predict children internalizing and externalizing behavioral problems from parental burnout after controlling mental health issues. Results show that mothers’ mental health variables explained 9.2 % of the variance (F (2, 78) = 3.96, p < .05, R2 =.09) to predict children externalizing behavioral problems. As mothers’ parental burnout was entered, the model explained children externalizing behaviors with additional 5 % of the variance ((F (3, 77) = 4.26, p < .01, R2 =.14).

Findings contribute to the newly emerging parental burnout literature and also introduce the importance of parental burnout in predicting the children’s behavioral problems within a Turkish sample.