

## **ABSTRACT**

### ***The Influence of Parenting Self-Efficacy on Parental Burnout among Working Single Mothers with Children in Middle Childhood***

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Parental burnout is a condition that is particularly vulnerable to be experienced by working single mothers due to the simultaneous demands of fulfilling dual roles. Pressure from work-related demands combined with childcare responsibilities can trigger emotional exhaustion, fatigue, and a decline in parenting effectiveness. Parenting self-efficacy is known to be one of the factors that can help single mothers cope with parenting challenges. Therefore, this study aims to examine whether there is an effect of parenting self-efficacy on parental burnout among working single mothers. The participants of this study consisted of 389 working single mothers with children aged 5 to 12 years. The instruments used were the Parental Burnout Assessment (PBA) and the Self-Efficacy Parenting Task Index (SEPTI). This study employed a quantitative method with data analysis using logistic regression. The results showed a significant and negative effect of parenting self-efficacy on parental burnout among working single mothers, accounting for 67.9% of the variance. The logistic regression analysis result showed an Odds Ratio of 0.914,  $X^2(387) = 265.724$ , and Nagelkerke  $R^2 = 0.679$ . This means that the higher the parenting self-efficacy of working single mothers, the lower the likelihood of experiencing parental burnout.

**Key Words:** *Parenting self-efficacy, parental burnout, single working mothers*

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