

## **ABSTRACT**

### ***The Effect of Perceived Social Support on Parental Burnout in Mothers of Children with ADHD***

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*The number of children with ADHD in Indonesia continues to increase and results in high parenting demands for mothers as the primary caregivers. This pressure can lead to parental burnout, which is defined as extreme emotional exhaustion in fulfilling the parenting role. One protective factor that is believed to reduce parental burnout is perceived social support, which refers to an individual's perception of social support from family, friends, and other significant people. This study aims to examine the effect of perceived social support on parental burnout in mothers of children with ADHD. A quantitative approach was employed using a convenience sampling method, involving 397 mothers of children with ADHD aged 4–18 years. The instruments used were the Parental Burnout Assessment (PBA) and the Multidimensional Scale of Perceived Social Support (MSPSS). Data were analyzed using logistic regression, as the assumptions for linear regression were not met. The results showed that perceived social support has a significant negative effect on parental burnout in mothers of children with ADHD ( $p < 0.05$ ). This means that the higher the perceived social support, the lower the level of parental burnout experienced. This study highlights the importance of social support in reducing the risk of parental burnout in mothers raising children with ADHD.*

**Keywords :** Parental Burnout, Perceived Social Support, Mother, Child with ADHD

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