

## ABSTRACT

### *The Description of Parental Burnout in Millennial Working Fathers*

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Parenting responsibilities are the duty of both parents. However, as times have changed, millennial fathers have become more actively involved in childrearing. In practice, parenting often causes physical, emotional, and mental fatigue in fathers. This prolonged fatigue can become chronic and develop into Parental Burnout (PB). PB is characterized by four core dimensions: exhaustion in parenting, emotional distancing from children, a loss of parental accomplishment and a contrast between the former and current parental self. This study measured PB using the Indonesian version of the Parental Burnout Assessment (PBA). The research employed a descriptive quantitative method with 410 working millennial fathers as respondents. The results show that the empirical mean of PB ( $M_e = 49.66$ ) is not significantly different from the theoretical mean ( $M_t = 69.0$ ), as the difference does not exceed the standard deviation ( $SD = 25.99$ ). Based on these findings, most respondents in this study experienced PB at a moderate level. These results indicate that despite the increasing involvement of working millennial fathers in parenting, they are still relatively capable of managing parenting demands in an adaptive manner.

**Keywords:** parental burnout, millennial fathers

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