

ABSTRACT

The Effect of Parenting Perfectionism on Parental Burnout in Working Mothers

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Working mothers are faced with dual demands, namely fulfilling professional responsibilities at work while also carrying out the role of primary caregiver in the family. In parenting, many mothers set very high standards for themselves. This tendency is known as parenting perfectionism, which is the drive to be a perfect parent. Although intended as a form of commitment to the quality of parenting, parenting perfectionism can actually be a source of pressure because it raises unrealistic expectations in fulfilling the role of a mother. This pressure has the potential to cause emotional exhaustion or parental burnout. This study aims to determine the effect of parenting perfectionism on parental burnout in working mothers. The study was conducted on 387 working mother respondents. The measuring instruments used were the Multidimensional Parenting Perfectionism Questionnaire (MPPQ) and Parental Burnout Assessment (PBA). This study used a quantitative approach with logistic regression analysis techniques. The results of the study showed that parenting perfectionism had a significant effect on parental burnout of 56% with an Odds Ratio value = 1.037; $X^2(385) = 208.723$, and Nagelkerke R^2 of 0.569. Thus, working mothers with high parenting perfectionism can cause high parental burnout.

Keywords: Parenting Perfectionism, Working Mother, Parental Burnout

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