

Covid-19: The Investigation On The Emotional Parental Burnout During Movement Control Order In Malaysia

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ABSTRACT: *The moment when we have a child will be a very meaningful as we start to think that we begin our new life with new experience to explore with. Despite that, journey of parenting can be stressful especially when parents are facing other hard situation to handle and combine with some behavior of children that very unexpected, they may start to develop their parental burnout. In fact that the pandemic of Covid-19, the rapid cases increase day by day and affected all over the countries, most of the working parents have to stay and work from home and spend most of their time with children. Due to that situation, this study was examine the parental burnout during 2020 Malaysia Movement Control Order (MCO) in three aspects, parental burnout checklist, parental neglect and also parental violence. The online questionnaire was given to the Malaysian Parents and a total of 158 completed the survey before the the Movement Control Order end.. The results shown there were no significant result of parents gender role, total number of children and having a helper or spouse to help. Thus, results were referred to high means score and found among parents gender role, father get higher with (M=55.79), parent with 2 children (M=56.18), not having a helper or maid (M54.44) and no spouse to help (M=56.32). The finding also found overall level of emotionally is at average to high level. Since parental burnout is a serious situation that instancy requires more attention, parents are advised to find the best solution such as to contact Pusat Kesihatan Mental Masyarakat (MENTARI) as prepared by goverment for Malaysian before things get worse.*

Keywords: *Parental burnout, Movement Control Order (MCO), COVID-19*

INTRODUCTION

Before having a child, most of people generally think and hoping that parenting will be most glorious moment and experience in their life. As stated by Hazra, Sneha & Mittal, Shalini. (2018) parenting is described as the practice of fostering and maintaining the

various aspects of childhood development from infancy to adulthood. When they expected to have a children, parents usually think about their parental function, how to manage children, what are the essential need for them and how to raise their children starting as children born until they become an adult. The usual duties for parent is to care for their child as to become a protector for them from any dangerous and harm, to raise a discipline and well-behave child and assure that the child will get enough source of love, health and academic as they grow up. According to Verma, Sunil & Sunil, Soorya. (2018), The parenting behavior is primarily dictated by the expectations the parents aim to socially interact their children against. Such goals may include the learning of particular skills and behaviors (e.g., proper manners) by children. Otherwise speaking, negligence from parents often leads to depression, anger, frustration, decision-making problem and anti-social behavior of the children. (Aunola, Stattin, & Nurmi, 2000; Kurdek & Fine, 1994; Schroeder et al., 2010). Other than that, when parents frequently lack the requisite tools to cope with child stress or are at risks of parental burnout (Mikolajczak & Roskam, 2018).

Parental burnout can be explain as there is no more energy left to distribute, to implement parent's role and when the usual stress of parenting become worse and chronic, it can lead into parental burnout. As defined by the parental burnout outcomes from a persistent risk discrepancy in the parenting domain over resources (Mikolajczak & Roskam, 2018). On Mikolajczak & Roskam's (2018) study on the most optimistic point prevalence figures, at least 3.5 million parents in the US are suffered from parental burnout at this time. In addition, Mikolajczak & Roskam, (2018) also claimed that parental burnout is a degree of extreme exhaustion linked to one's parental position, whereby they become emotionally disconnected from one's children and uncertain about one's ability to be a good, effective parent. When someone feel tired and drained toward parenting roles that means they hit the end of their limits. Consequently, they will feel exhausted and become more emotionally especially when dealing with their child. On the report of Mikolajczak, Moïra & Gross, James & Roskam, Isabelle. (2019), when the parent hit that level of stress, they will feel that they cannot be a good parent anymore and there is no more feeling to enjoy the moment as parents to their child.

BACKGROUND

The novel coronavirus originated in Wuhan, China, in late December as the very first of COVID-19's cases reported in China on 31st December 2019 following by date of 30 January 2020 the pandemic of COVID-19 was officially announced as a Global Public-Health Emergency by WHO. According to that matter, COVID-19 has been identified as a newly discovered virus that has been reported as an infectious disease that can be transmitted by saliva droplets or nose discharge when a transmitted individual coughs or snees. Research has found that most people diagnosed with COVID-19 will have mild to moderate respiratory disease, though some will experience severe illness. In order to avoid the pandemic of COVID-19 become more poor, an announcement made by the government on 16 March 2020, the 2020 Malaysia Movement Control Order is implemented starting 18 March 2020 onwards in order to prevent the pandemic of COVID-19 become more worse as the total number of cases started to increased day by day.

Based on the MCO announcement, The Prime Minister of Malaysia, Tan Sri Muhyiddin Yassin has announced through television speech and made an officially announcement

that all Malaysian have to control their movement and daily activities under the Prevention and control of Infectious Diseases Act 1988 and the Police Act 1967. The details of Movement Control Order announcement include closure of all government and private sectors. Due to the announcement made by government, most of Malaysian people have to stay at home and its considered as working from home during Movement Control Order (Ismail et. al., 2020)

Due to this matter, most of parents except front liners have to stay at home and spend their time to manage their children in all aspect such providing food, caring for health, assist in education to replace the role of teacher by following the order from Ministry of Education that home-based learning must be implemented as all schools are closed during this time using all sources of media and all medium of communication. Besides, there are many more tasks as a parent have to fulfil. In addition, they also have to implement their role as a worker that work from home. In this condition, the parents role during Movement Control Order (MCO) 2020 is combined between two tasks; a full-time parent and a worker that work from home with full of hidden challenges.

LITERATURE REVIEW

Parenting

Parenting is defined as the state of being parent when we have a child and involved in the process of parenting. Parenting also refers to a process of nurturing, encouraging, developing and assisting all aspects of development for a child in term of intellectual, social, emotional and also physical starting from infancy to adulthood. Commonly father or mother will be a caretaker in parenting. This person will provide all the essentials need for a child. When someone has a child to care of, they will use any type parenting style that usually influenced from experience or their own knowledge. There are three major parenting style; permissive parenting style, authoritative parenting style and authoritarian parenting style. Vyas, Kriti & Bano, Samina. (2016) presented parents with authoritarian parenting styles likely to be over strict, expect children to obey the orders without fail and capture in physical punishment. Meanwhile, the parents with authoritative parenting styles are democratic in nature, high on nurturance and warmth. On the other hand, when dealing with the permissive parents, usually believe giving full freedom and love to the children but without enforcing any rule or boundaries.

Parental Burnout

Burnout defines as an exhaustion syndrome, over tired or when someone feel of not being able to work anymore due to some factors. It also caused by excessive and extended stress. When its related to parenting, it will become terrible when seeing that it will contribute to dangerous effect to both, parent and also child. Parental burnout is pertinently not common parental stress (Lebert-Charron, Dorard, Boujut & Wenland, 2018; Kawamoto, Furutani, Alimardani, 2018; Roskam et al., 2017; Van Bakkel, Van Engen & Peters, 2018). In other word, stress and burnout are two different things but from prolonged stress it will lead to burnout. When parent reached the final stage of parental burnout, it will lead to two other harmful things which are parental neglect and parental violence. According to Mikolajczak, Moira & Brianda, Maria Elena & Avalosse, Herve & Roskam, Isabelle. (2018), parental burnout rises drastically fleeing and suicidal ideation,

child abuse and child violence. It will give bad impact to the child as children start to growing up with bad experience during their childhood.

Furthermore, there are a few cues of parental burnout that all parents can be conscious of so that parent can find the best solution by go and find family, friends or any professional for help. The parental burnout symptoms are identified by three elements of physical and emotional exhaustion; emotional alienation from one's children and a sense of weakness in one's position as parent (Le Vigouroux et al., 2017; Mikolajczak et al., 2017). Besides, there are three personality traits are linked to parental burnout; parents who find it difficult to establish and maintain positive affective relationships with their child(ren) (high neurotic ism), recognize and respond to the needs of their child(ren) (low compatibility), or provide their child(ren) with a structured and consistent atmosphere (low compatibility) are more likely to suffer parental burnout syndrome (Le Vigouroux et al., 2017; Mikolajczak et al., 2017).

Parental Neglect

Neglectful parenting is also called in unconcerned, disdainful, separated or hands-off the parents are low in warmth and power, are usually not interested in the life of their child are disconnected, understanding, low in responsiveness and do not set limits (Hussain & Anzar, Mohd, 2019). Parental neglect will occurs when the parents are show not to pay attention to their child without any reason. When the parents start to showing a parental negligence by improper parenting, it will trigger to aggressiveness in a child. According to Mikolajczak, Moira & Gross, James & Roskam, Isabelle. (2019), parental burnout dramatically increases the ideation of escape, as well as insensitive and aggressive actions towards one's children.

The history of childhood psychological violence and neglect in infancy not only causes anxiety and trauma at the time of the violence, but also has been correlated with long-term effects on the child (Kaiser and Miller, 2009). There are so many bad effects of parental negligence to the child that will give huge impact to their adulthood involve depression, stress disorder and problems with their relationship later including when having their own child. In addition, when child were emotionally and physically neglected starting from their childhood, it will be a difficult way to healing.

Parental Violence

Parental violence is described as any malicious act performed by an adolescent with the intention of gaining control and power over either parent. Parental abuse is an increasing social problem. There are several factors that may explain the increase in parental violence, such as family, individual, social-cultural and educational, Suarez-Relinque et al (2019). when the child exposure to violence, it can harm a child in term of psychological, emotional and also their physical development. Later in life, children that exposed to violence is having tendency to involve with abuse drug or alcohol and problem in school. Other than that, consequence of violence involve anxiety, depression and the worse case is suicide

On the report of Peltonen, Ellonen, Larsen, & Helweg-Larsen (2010) children who have been victims of violence and neglect have more psychological cognitive issues, and in many aspects of growth they act less adaptively than their non-abused peers. Its show that

when children living with violence suffer physiological and emotional trauma and will see their parent demeaned and threatened.

In a nutshell, attentions, love and physical care from parent is very important for child development. Depriving children of a concern and loving family will give negative impact to their emotional and intelligence development. It is also will damage their social and physical aspects. There are many studies show that children who receive affection and kindness by their parents results in life-long positives results for the children. Furthermore, the child-parent good relationship contains of good behavior, enough love and mutual understanding between them.

METHODOLOGY

The purpose of this study was aimed to discover the parental burnout during Movement Control Order (MCO). Therefore, a quantitative methodology was adopted and developed to counter the questions listed in a questionnaire.

In consequence, the research questions of this study are;

1. What is the level of parental burnout among parents during MCO?
2. Is there a significant effects of Parents Gender Roles with Parental Burnout during MCO period?
3. Is there a significant effects of total of child/children with Parental Burnout in parents during MCO?
4. Is there a significant effects of having a helper or maid with Parental Burnout in parents during MCO?
5. Is there a significant effects of having a spouse to help with Parental Burnout in parents during MCO?
6. Does parental burnout during MCO have any significant effects to Parental Neglect and Parental Violence?

Sampling

158 respondents were participated and involved in this study. All of them are Malaysian parents that affected by Movement Control Order (MCO) 2020 due to pandemic COVID-19. Before actual study was undertaken, the pilot study was run to a total number of Malaysian Parents.

Instrument

The questionnaire provided and used was replicated from the Parental Burnout Inventory (PBI1, Roskam, Raes & Mikolajczak, 2017) and divided into 4 main sections; social-demographic, parental burnout section, parental neglect section and parental violence section.

Social-demographics. Respondents were asked based on their age, gender, number of children, children age, educational level, occupational status, net household income, working arrangement, working hours demand and type of assistance at home.

Parental Burnout. This section consists of 22 questions where divided into three sub scales; emotional Exhaustion (8 items), Emotional Distancing (8 items) and feeling of

inefficacy (6 items). PBI were rated on the same 5-point Likert Scale, strongly disagree, disagree, neither agree nor disagree, agree and strongly agree.

Parental Neglect. This section consists of 16 questions that assessed by the Parental Neglect Scale (Mikolajczak, Briand et al, 2018) and rated on the same 5-point Likert Scale, strongly disagree, disagree, neither agree nor disagree, agree and strongly agree.

Parental Violence. This section was assessed with Parental Violence Scale (Mikolajczak, Briand et al, 2018). The items in this section included verbal violence and physical violence and rated on the same 5-point Likert Scale, strongly disagree, disagree, neither agree nor disagree, agree and strongly agree.

The questionnaire used in this research was dispensed using a Google Form Link via email, Telegram and WhatsApp application since movement control order (MCO) still ongoing, the best procedure to gather all the feed backs and responds from respondents is by giving questionnaire link to all of respondents.

Data Analysis

The results for this research was analyzed using Statistical Package for Social Sciences (SPSS) version 20 software in order to acquire frequency, percentage (%), mean, significant and standard deviation (std) in preparation for responding to the research questions.

FINDING

a. Descriptive Analysis and Pilot Testing

Demographic Information

The survey participated by 158 parents either mother or father in Malaysia that had (at least) one child still living at home. Participants were informed and invited to joined the survey through social networks. Table 1 shows the demographics particular of the respondents.

Table 1 : *Demographic Distribution of respondent*

Demographic	Frequency (n=158)	Percentage (%)
Survey filled by		
Father	38	24.1
Mother	120	75.9
Age		
Below 30 years	88	55.7
30 to 40 years	24	15.2
40 to 50 years	26	16.5
50 years and above	20	12.7
Total number of children		
1	32	20.3
2	54	34.2

3	27	17.1
4	23	14.6
5 and more	22	13.9
Occupational status		
Government Servant	101	63.9
Private Sector	35	22.2
Self employed (Businessman)	9	5.7
Unemployed	13	8.2

Pilot Test

The purpose of a pilot study is try out the research approach to recognize problems that may affect the quality and validity of the result. Before measuring for full research, a pilot test were begin with 30 parents as respondents. Therefore, the researcher measured regarding the results of the survey for pilot study so as to achieve the reliability of Alpha Cronbach on questions prepared.

Table 1.1 : Reliability Statistic for overall and in each section

Cronbach's Alpha

No. Of Items

<i>a=.919</i>	53
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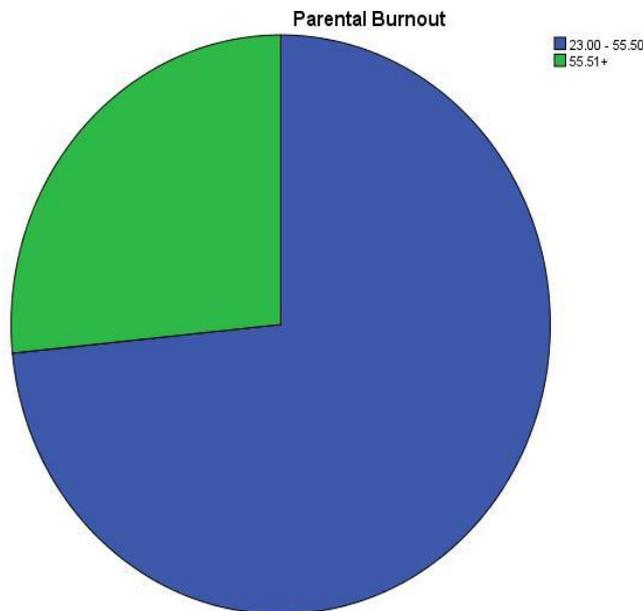
Referring to the pilot test conducted, the value of reliability shows that *Alpha Cronbach's* value for all items is $\alpha=.9.19$. According to the result we can see the reliability meet the validity of research.

Level of parental burnout among parents during MCO.

Table 3 : Level Score of Parental Burnout among parents during MCO period.

Score	Frequency	Percent	Level
23 – 55.5	116	73.4%	Average
55.51 above	42	26.6%	High
Total	158		

Chart 1 : Pie Chart Level Score of Parental Burnout among parents during MCO.



Referring to the above result shown, it is clear to see among respondents (N=158), n=116, 73.4% are at the average level while others with n=42, 26.6% at high level of burnout. Since this research was done during MCO 4, only a quarter of overall respondents are at risk which at high level of parental burnout with total score of 55.5 and above. There are many other factors to see what might affecting their parental burnout result. This will be explain in other findings. As to conclude this level of parental burnout result, Malaysian's parents are still manageable but need some attention of other party to make sure they are always at stable level during this MCO and if the MCO prolonged.

Inference Analysis

By aspect of parents gender roles with parental burnout

Table 4 : *T-test of between Parents Gender Roles with Parental Burnout*

Gender Parents Roles	Parental Burnout	<i>n</i>	<i>Mean</i>	<i>SD</i>	<i>t</i>	<i>df</i>	<i>p</i>
Father	38	55.7895	10.380	1.179	156	.240	
Mother	120	53.7083	9.181				

The above table is the result of T-Test of parents gender roles with Parental Burnout. Results shown was (t (156) = 1.179 , p>0.05 = 0.240) which is not significant p>.005. However, referring to their mean score, a father shows the highest result with (M=55.79, SD 10.380) compared to the mother (M= 53.71, SD 9.19). Thus, it can be concluded, a role of father is more having emotionally parental burnout compared to a mother.

As understandable, the role of mother is where the heart is at home and with her child/children. Therefore mother would be love to be at home spending time with her families than a father that use to go out to find a source of income for his family. A father rarely be at home, and during MCO it changes their norm. This give an impact to his life routine.

By aspect of total of child/children

Table 5 : *Means And Standard Deviation on the total of child/children with Parental Burnout during MCO period.*

<i>Total of children score</i>	<i>n</i>	<i>Self-directed</i>	<i>learning</i>	<i>inventory</i>
		<i>M</i>	<i>SD</i>	
1 child	32	54.7813	10.8382	
2 children	54	56.1852	9.54646	
3 children	27	53.8519	7.89208	
4 children	23	52.8696	8.10894	
5 children and above	22	50.3636	9.79089	
Total	158	54.2089	9.49090	

Table 5.1 : *One Way Analysis of Variance of Types of the total of child/children with Parental Burnout during MCO period.*

<i>Source</i>	<i>df</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>p</i>
Between Group	4	591.384	147.846	1.669	.160
Within Group	153	13550.724	88.567		
Total	157	14142.108			

Based on the results tested with one way Analysis of Variance (ANOVA) on the Types of the total of child/children with Parental Burnout during MCO period, result shown there

is

not statically significant $F(4,153)=1.669$ $p>0.05= .160$.

But when we compare the mean score, those who are having 2 children $n=54$ is at highest level with $M= 56.19$ followed with 1 child $n=32$, $M=54.78$, then with having 3 children $n=27$ $M=53.85$, 4 children $n=23$ $M=53.87$ and the lowest mean score parents with having 5 children and above $n=22$, $M=50.36$. Thus, it can be concluded that, those who are having small number of children is leading to emotionally Parental Burnout. The more children they have, the less emotional burnout they feel because they can ask help from their children rather than those who have 1 to 2 children. Even house chores and taking care of small child can be segregate among their children. This is easing their burden.

By aspect of having a helper or maid

Table 6 : *T-test of between Having Helper with Parental Burnout*

Having Helper Parental Burnout						
<i>n</i>		<i>Mean</i>	<i>SD</i>	<i>t</i>	<i>df</i>	<i>p</i>
Yes	8	49.7500	8.9721	1.368	156	.173
No	150	54.4467	9.4872			

Table shown above is a result of T-test between having helper with Parental Burnout. Result came as there is no significant effects of having helper with Parental Burnout with ($t(156) = 1.368$, $p>0.05 = 0.173$). However if we look at the mean score, respondents answered “No” is at highest score $M=54.45$ compared to “Yes” 49.75 . This can be conclude, those with not having a helper $n=150$ are lead to Parental Burnout. The house chores, children’s attention, needs and more somehow can triggered to burnout if the parents do by their own self.

By Aspect of having a spouse to help

Table 7 : *T-test of between Having Spouse to Help with Parental Burnout*

Spouse to Help	<i>n</i>	<i>Mean</i>	<i>SD</i>	<i>t</i>	<i>df</i>	<i>p</i>	
Parental Burnout	Yes	133	53.8120	8.8405	1.214	156	.227
	No	25	56.3200	12.4054			

Result shown above is a test to see is there any significant effects of having a spouse to help at home during MCO with Parental Burnout. The result we get using t-test show is $t(156) = 1.214$, $p>0.05 = 0.227$). Out of 158 respondents, $n=133$ answered “Yes” which means their spouse is helping them at home through the MCO period is at the low mean score $M=53.81$ compared to respondent who answered “No”, the mean score is $M=56.32$. This parents without a spouse’s help is leading to Parental Burnout.

Effects of parental burnout to parental neglect and parental violence

Table 8 : *Correlation between Variables, Parental Burnout, Parental Neglect and Parental Violence*

Parental Burnout			
Parental Neglect	Parental Violence		
Parental Burnout	1	.426**	.502**
Parental Neglect	.426**	1	.566**
Parental Violence	.502**	.566**	1

**correlation is significant at the 0.01 level (2 tailed)

Correlations were computed among three variables on data of 158 among parents during the MCO Phase 4. The results shown above, all three variables were interrelated among each other with all results are statistically significant $p < .001$. There was a positive correlation among the variables test. Parental burnout, neglect and violence were interrelated. The level of Parental Burnout will give effects to Parental Neglect and Parental Violence. Thus, the next finding, Parental Neglect and Parental Violence were seen to see which was the most affected by the result of Parental Burnout.

Table 8.1 : *Multivariate Analysis of Variance of Parental Burnout towards Parental Neglect and Parental Violence*

Multivariate Tests^a

Effect	Value	df	Sig.	Partial Squared
Pillai's Trace	.742	1.981	72.000	242.0
Wilks' Lambda	.367	2.170 ^b	72.000	240.0
Hotelling's Trace				.000 .394
Roy's Largest Root				.000 .417
				.000 .541

2.362 72.000 238.0
00

1.864^c 36.000 121.0
00

a. Design: PARENTALBURNOUT

b. Exact statistic

c. The statistic is an upper bound on F that yields a lower bound on the significance level.

Table 8.2 : *The Descriptive Report Of MANOVA Test of Parental Burnout towards Parental Neglect and Parental Violence*
Tests of Between-Subjects Effects

Source	Dependent Variable	Type Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Corrected Model	NECLECT	20905.935 ^a	36	580.720			
	VIOLENCE	7197.992 ^b	36	199.944			
Corrected Total	NECLECT	46778.709	157				
	VIOLENCE	14831.038	157				

a. R Squared = .447 (Adjusted R Squared = .282)

b. R Squared = .485 (Adjusted R Squared = .332)

2.71

6

3.17

0

.000 .447

.000 .485

NEGLECT – Parental Neglect
VIOLENCE - Parental Violence

Based on the above MANOVA inference test, $F(72,240) = 2.170$, $p < 0.01$; Wilk's $\Lambda = .000$, partial $\eta^2 = .394$. There was a statistically significant difference in Parental Burnout towards Parental Neglect and also Parental Violence. These can be seen where all significant results shown $p < 0.001$. As above result reported were significant, this clearly understand that Parental Burnout can give a negative impact which were parental neglect and parental violence to their child/children. Based on the mean score, Parental Neglect is the most impact by Parental Burnout with $M = 580.72$ followed by Parental Violence $M = 199.95$. Parental Neglect scored also can be influenced by the finding of Parental Burnout level that most of the parents were at Average Level. Therefore, Parental Neglect was at the highest mean score.

DISCUSSION

Covid19 is an outbreak from the latest novel coronavirus group that has been declared by the World Health Organization as a pandemic. The infection has spread over 186 countries in just a few months. As of May 2020, the number of nationwide cases has reached more than 3 million while the death toll is over 263,000 (CPRC & WHO, 7th May 2020). The number of positive cases and deaths may continue to increase until a vaccine or medicine is found. Malaysia has been conducting an MCO since 18th March 2020. Citizen has to obey the instructions and stay at home. For those who work, they are encouraged to work from home during this MCO period. It is the responsibility of the parents to ensure that the house chores must be done, children's education are not neglected and do their office work properly throughout the MCO. With so many things to take care of, it's not impossible for parents' experience stress that leads to burnout.

The results of this study found, the level of parental burnout during MCO was between average to high, means the level of parental burnout is not very good for parents' psychology and can be chronic if left untreated. According to Viotti, Guidetti, Sottimano, Martini & Converso (2019), psychological exhaustion is a syndrome associated with depletion of energy. Parenting burnout can occur when there are emotional exhaustion, physical fatigue and cognitive difficulties as well as the result of chronic parenting stress among parents (Mikolajczak, Raes, Avalosse, & Roskam. 2018; Norberg. 2007). Due to parents have to do more duty in long period during the MCO such as children rearing, house chores, and office work. Comparisons between genders also indicate that the father is more having emotionally parental burnout compared to a mother. When the MCO is implement, all activities including office work must be done at home other than essential services. Therefore, for working parents, they need to work from home and adapt home situation. Traditionally, most the fathers' roles are focus on finding financial resources for families, so their focus more on office work (Moes, Koegel, Schreiberman, & Loos, 1992).

Based on this study, having an assistant in housework can reduce parental burnout, like helpers, responsible spouse or even have more than two children. For those parents with more than two children, they can ask the older children to help parents manage house chores and care for younger siblings. Therefore, the burden will be reduced and parents can focus on office work while at home. The role of the partner is also very important in

balancing stress between couples. Every couple needs to be considerate and cooperative in managing their home by providing a schedule of tasks and roles.

In this study, we examined the correlation between parental burnout with parental neglect and parental violence towards the children. When comparing parental neglect and parental violence, they more likely to neglect their children than did violence. Parental neglect towards their children also one of the burdens on child welfare systems (Logan-Greene & Jones, 2015). It may increase children's negative emotions such as frustration, anger, depression, and eventually lead children to do delinquent behaviors (Kwak, Kim & Yoon, 2016). Other than that, children who suffer from negligence will have problem obesity, body mass index in childhood, sex and social background (Lissau & Sørensen, 1994).

Treatment for parents

There are various treatment and counseling services available to prevent burnout throughout the MCO period. The available service, for instance from the Pusat Kesihatan Mental Masyarakat (MENTARI) by the Ministry of Health Malaysia's, which provides psychiatric and mental health services and from MyCareCov19 by JAKIM for family, community & religion counseling. Besides, most companies under the human resources department also provide counseling services as well as the private psychology center. Parents need not be ashamed, scared, and worried about contacting this service center as it can help parents deal with burnout encountered during the MCO. On top of that, parents also can use these tips to prevent the burnout that provided by the Ministry of Health:

1. Take time to rest for a moment
2. Eat healthy meals
3. Say encouraging
4. Practice deep breathing to keep their minds and bodies at ease
5. Manage your emotions positively
6. Be satisfied with what is accomplished in the task
7. Talk to someone you trust
8. Get professional help for example like a counselor

Implication

The MCO in Malaysia is something new and never happened before. The government needs to look at every aspect such as economic, social and health. The aspect of health is not only for Covid19 patients but also for Malaysian psychology such as those who are dealing with mental stress during the MCO. This situation has a huge impact on everyone's life, from childhood to adulthood. News spreads on social media that show there are some people disobeying orders not to stay at home. This happens when they are getting bored and depressed by staying home too long and deciding to leave.

Based on this research, burnout is one of the psychological problems that will affect human life. If left untreated, they tend to develop depression and anxiety. The Ministry of Health Malaysia provide a lot of info about the mental health care during the MCO. In additional, there are helpful tips that have been put by the organization and agencies in dealing with parental burnout. Meanwhile, Talian Kasih is available for children to contact Social Welfare Department in order to help them from negligence and violence.

Besides, parents need to live healthy and positive in these situations. The MCO has

affected everyone, including the family (Ismail et. al., 2020). Tolerance and communication between spouses are very important in protecting the well-being of the household and children. In the event of burnout, the couple needs to help to minimize the stress they are experiencing. In these difficult times, everyone needs to reflect and realize that if they are facing prolong burnout, it can affect the whole household and neglect the children.

CONCLUSION

As workforce as a whole takes in the unparalleled task of having to work from home, working parents are also struggling with the consequences of closing schools and nurseries for the near future. Despite choices like taking unpaid leave being financially unviable for many, there is a possibility that parents will burn themselves out in the weeks and months to come. The willingness of families to deal with the lockout depends on a wide variety of factors, including how many children there are in the family, their age, single parent vs. spouse or wife, whether children have special needs or medical illnesses, and parents with mental health issues. The "new normal" is likely to entail more worker autonomy, more trust in the efficiency of remote employees and more flexibility for parents in juggling home and workplace demands. However, working parents respond to increased emotional and mental pressures, and performance evaluations will have to be handled accordingly to ensure that they do not contribute to the already high stress rates and burnout.

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