

Working Parents And Emotionally Parental Burnout During Malaysia Movement Control Order (Mco)

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ABSTRACT: A working parent definitely refers to either a father or mother or both who take part in a work life. Usually, life of working parents is amazingly gratifying, but still it is not always an easy task for them to perform their routines life by combining their life hours and work together in order to perform their best for both families and careers. As matter of fact that COVID-19 spreading so fast all over countries, majority of a working parents need to stay at home while performing their task as a worker at home.

On account of that condition, this study was examining the emotionally parental burnout among working parents during 2020 Malaysia Movement Control Order (MCO). The online survey was conducted to the Malaysian working parents and a total number of 145 working parents fulfilled the survey before the 2020 Malaysia Movement Control Order (MCO) ended. The result shown that the level of emotionally parental burnout among working parent during Malaysia movement control order is at average to high level with 84.8% which level that we need to put on alarm to give hands to help them before things get worse. Other than that, even there are not significant, but by mean score, a father is more likely facing a parental burnout where a father need to stay at home taking care of their families and stay together all day. Besides, parents who get salary in range of below RM 2000 and RM2001-RM4000, parent who still need to go to the office during MCO and parents who working more than 4 hours daily got the highest score of parental burnout.

Keywords: Working parent, parental burnout, working from home parent, COVID-19, movement control order (MCO).

INTRODUCTION

Long time ago in typical of Malaysian family, there was only a father were go outside for work and generated income for families. Commonly, the mother of child stayed inside the house and implemented their task as a homemaker in term of food preparation, providing essential needs for child and was there every day to greet the children when arrived back from school. However, from now on all those things are dramatically changes. In this current era, both parent will work and generating income together in order to develop a good economic status for a family. Due to that matter, combining between work life and family life will give a sustain challenge for all peoples however when accomplish it in a well-balanced will contribute to outstanding result, Saloni (2015). Combining the good work-life in equal is something that everybody is fight with. It is necessity to counter stress and as well to guarantee that both organisation and family success. In condition of that, stabilizing caregiving and work demand is a challenging task for most of working parents. It will become more challenging when most of working parents have to stay at home and performing both duties of working and caring for their child during 2020 Control Movement Order (MCO). It will increase their stress and in some worse cases it will contribute to parental burnout among parent.

Based the report written by Mikolajczak & Roskam, (2018), relatively about 3.5 million US parents right now are afflicted from parental burnout. Besides that, Mikolajczak & Roskam, (2018) also stated that parental burnout is a level of intensive fatigue associated with one's parental role when they feel emotionally disconnected and uncertain to be a good parent to their children. Besides that, parental burnout is a result of a serious inequality of uncertainty over resources in the parenting sphere. (Mikolajczak & Roskam, 2018). Parental burnout also can be defining when parents feels exhausted with their parenting role and have no more energy to fulfil parenting task. On the report of Mikolajczak, Moira & Gross, James & Roskam, Isabelle. (2019), when the parent reaches their limits, the joyful experience is not presented anymore in every single minute they spend. Stress and lame environment drive them to feel like they resemble as a bad parent.

BACKGROUND

The outbreak of the Covid-19 that spread to Malaysia country has led to the Malaysian government to activate the Restriction of Movement Order as to control and reduce the outbreak infection to the citizens. Since 18th March 2020, the government has started to implement the movement restriction and instructed that all outside activities stop immediately. Due to this, everyone needs to cooperate and follow the order by staying at home and it is considered as working from home during Movement Control Order as the government believed it can help to purge the outbreak rapidly (Hazhari et.al, 2020).

Starting from the early of the eighties to the millennium, all Malaysian citizens used to live in a country with their happily regular schedule routine every day. The citizens live in this routine throughout the whole year, unfortunately, the routine and lifestyle had changed three hundred and sixty degrees once the restriction announced and started by the government. The limitation of the movement does not give any option to the parents unless they need to stay at home quietly. Thus, without fresh air from the outside world, good exercise and outside activities can drag to emotional problems to both parties as if they are unable to handle it by themselves.

Since the outbreak has not reached the end stage, there are many citizens struggling to continue their life to earn money for the family's daily needs as they need to work either from home or otherwise. A few problems arise in a family, for example, parental burnout, especially to working parents from home as a result of this movement control. There are so many factors that contribute to this situation. It is a difficult time for everyone cause of this sudden routine changes that forcing everybody to stay in their home throughout up until a few weeks. Everyone needs to be mentally strong to adjust themselves in the new current situation, but surprisingly not all have enough knowledge to apply to it.

Being cramped together during this time with all the family members in a house supposed to be a meaningful experience, but for some families, it turns differently. They are having a difficult time because of the responsibility as an employee to the employer and also as parents towards their children. To overcome this problem, as an adult in a family, they need to know how to manage and control their emotion and time management so it would not be affected by other family members. Also, parents need to plan a new routine schedule for all family members to avoid any unpleasant things from happening in the family.

LITERATURE REVIEW

Parenting

Good parenting includes extraordinary deals compatibility and routines which allow children a sense of control. Besides that, good parenting refers to growing independence in children. Thus, when we talk about good parenting, it requires a style that suits children's level of development and also children's age. The four Baumrind parenting styles have well defined names and characteristic which are authoritarian parent, permissive parent, uninvolved parent, and authoritative parenting style. According to Vyas, Kriti & Bano, Samina. (2016) authoritarian parenting style

demonstrated and characterized by high demand and low cooperation towards their children. Any false moves from the children will be seriously taken by the parents as they want it to be perfect in any ways. It is quite hard for the children to do their best with little guidance and feedback from the parents. For the authoritative parenting style, they are practicing a democratic system and focused more on the children's emotional needs, being responsive to them, and also still set limits to make them understand the boundaries. Permissive parenting style tends to be very loving, flexible, and giving full authority to the child in making decisions compared to an authoritarian parenting style which tends to harshly punish their children if they make mistakes.

Working parent

Being a parents to a child and a full-time worker is a very challenging role. Working parents are a fascinating part of the population because they have heavy demands in both work spheres and family at home. Referring to Shirley et.al (2017) it is a responsibility for married couples to manage and divide their time for work and family wisely. Regardless of this, both of them play amazing roles as individuals. Despite that, once the person is incapable of balancing these roles, conflict of roles may increase. Substantially, working parents spend most of their half time in a day at work and after that they will back to their family at the end of the day. Based on that, governing and shifting their priorities and functions from work functions to family tasks and to the other way round is very impossible to do. When parent failed to commit and not being able to divide equal time it might contribute to some guilt and dissatisfaction regarding the role that they act.

According to Elisabeth (2016) practising work life balance, normally we accept more “conflict” than “balance”. This is due to the satisfaction in the working process that create a balance work only in a short period and directly let on the development of high expectation, abbreviation and time pressure. When referring to this current situation which Movement Control Order (MCO) that require all workers parent to stay at home while performing their jobs, it requires several guides to make sure their new normal life as a parent and worker at the same time run very well. There are three steps that parent can implement at home which maintaining routines for family so that it will give parent firm guideposts for developing their parenting schedule and work life. Besides that, parent should create modified schedule that suits with their daily routine when its combining to work. Other than that, 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 (Syazwani et.al, 2020).

Parental Burnout

Parenting be regarded as a complex and challenging process. Confronting for a long time numerous stressors in this process can lead to parental burnout. As stated by Hubert & Aujoulat (2018), the experience of burnout specifies to the people who are not able to handle the felt of stress that exceed to their limits to deal with. Also, it is started from a symptoms of high fatigue associated with drawn-out of emotional imbalance.

Based on their ground breaking research, Roskam et al. (2018) conceptualized four elements of parental burnout: (1) fatigue associated to one's role as a parent (i.e., thinking parenting need a lot of involvements; emotionally depleting role as a parent), (2) different with past parental style (i.e., feelings downside of being a parent as in the past; guilty about one's parenting), (3) perceiving of being sick and tired with one's parental role (i.e., feeling empty when spending time with one's children; upset with the parenting role), and (4) emotional break away from one's children (i.e., perform bare minimum for the children and sometimes nothing; limiting or lessen interactions that involves emotional forms).

In the direction of burnout avoidance and cure, it is important to find the vital causes in the wake of this case. Two causes may include are socio-demographic background (e.g., parent's age, family finances, and total of children) and children's aspects (e.g., their age, level of illnesses or developmental). (Lindhäl-Norberg2007; Lindström et al.2011).

In addition, there are three personality traits are linked to parental burnout; Parental burnout syndrome easily affected to those parent who are not able to practice a good relationship with their children such as struggling in initiate and sustain their affective relationship (high neuroticism), hardly describe and responsive their children (low agreeableness) or unable giving a comprehensible surroundings (low conscientiousness). According to (Le Vigouroux et al., 2017 Mikolajczak et al., 2017). Furthermore, on the report of Mikolajczak et.al. (2018), this case of parental burnout badly leads to child violence, neglecting the child and boost escapisms and suicidal thoughts. From that we can see that parental burnout can immediately come up with negative affect among each family member. Other than that, it also contributes to bad impacts to the child as a child start to growing up with bad experience during their childhood (Iylia et.al, 2020)

METHODOLOGY

The aim of this research is to discover the parental burnout among working parent during Movement Control Order (MCO). Therefore, a quantitative methodology was adopted and developed to counter the questions listed in a questionnaire.

Thus, the research for this study are;

1. What is the level of parental burnout among working parents during MCO?
2. Is there a significant effect of occupational types with Parental Burnout during MCO period?
3. Is there a significant effect of salary with Parental Burnout in parents during MCO?
4. Is there a significant effect of working arrangement with Parental Burnout in parents during MCO?
5. Is there a significant effects of working hour with Parental Burnout in parent during MCO?
6. Does parental burnout among working parent during MCO have any significant effects to Parental Neglect and Parental Violence?

Sampling

145 respondents were involved and participated with this study. All of them are working parents that affected by 2020 Movement control order (MCO) due to pandemic COVID-19. The pilot study was run to a total number of working parent before the actual study was undertaken.

Instrument

The questionnaire used and provided was adapted and replicated from the Parental Burnout Inventory (PBI1, Roskam, Raes & Mikolajczak, 2017). There are four section stated on the questionnaire which are 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

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

FINDING

a. Descriptive Analysis and Pilot Testing

Demographic Information

The total number of participant that involved with this study is 145 working parents either mother or father that had at least one child still living at home. All the participants were informed to fulfil the survey through social network. The demographic particular of the respondents is shown on the table 1 below.

Table 1 : *Demographic Distribution of respondent*

Demographic	Frequency (n=145)	Percentage (%)
Survey filled by		
Father	37	25.5
Mother	108	74.5
Occupational Status		
Government Servant	101	67
Private Sector (Businessman)	35 9	24.1 6.2
Salary		
Below RM2000	11	7.6
RM2001-RM4000	48	33.1
RM4001-RM8000	54	37.2
RM8001 and above	32	22.1
Working Arrangement		
Going to office	24	16.6
Working from home	101	69.7
Not working	20	13.8
Working Hour		
Flexible hours	85	58.6
Less than 4 hours	14	9.7
More than 4 hours	29	20.0
Not working	17	11.7

Pilot Test

Table 1.1 : Reliability Statistic
Cronbach's Alpha

No. Of Items

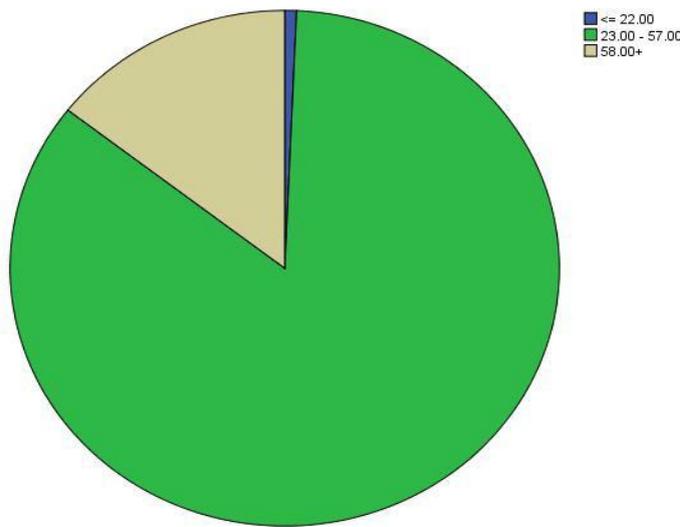
<i>a=.913</i>	53
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Level of parental burnout among working parents during MCO.

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

Score	Frequency	Percent	Level
Below 22	1	0.7	Low
23 – 57.00	123	84.8%	Average
58 and above	21	14.5%	High
Total	158	100%	

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



Referring to the above result shown, it is clear to see among respondents (N=145), n=1, 07% is at the low level, n=123, 84.8% are at the average level while others with n=21, 14.5% at high level of parental burnout. Since this research was done during MCO phase 4, result found that parental burnout highest score is at average to high level with 84.8%. This is a level that we need to put on alarm to give hands to help them. Those agencies involved with mental health need to find a solution before they falls to high level. Although government had prepare MENTARI for the citizens to call if they need someone to talk to, they still need to plan a program or television advertisement on how to cope with burnout during stay at home with family members.

Inference Analysis

By aspect of parents gender role among working parents

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

	<i>n</i>	<i>Mean</i>	<i>SD</i>	<i>t</i>	<i>df</i>	<i>p</i>
Father	37	56.0541	10.392	1.046	143	.154
Mother	108	54.1389	9.331			

The above table is the result of T-Test of parents' gender roles with Parental Burnout. Results shown was $t(154) = 1.046$, $p > 0.05 = 0.154$ which is not significant $p > .005$. However, referring to their mean score, a father shows the highest result with (M=56.05, SD 10.392) compared to the mother (M= 54.13, SD 9.33). Therefore, it can be concluded, a role of father is more having emotionally parental burnout compared to a mother.

A father that use to be the leader of the family, preparing the essentials needs for the family, working to work and get paid. But everything changed during MCO where

a father needs to stay at home taking care of their families and stay together all day. These routines are different, and they need to adapt with it. Somehow this give an emotionally impact to them that lead to burnout.

By aspect of occupational status

Table 5 : Means And Standard Deviation on the occupational status with Parental Burnout during MCO period.

Occupational Status	n	<u>Self-directed learning inventory score</u>	
		M	SD
Government Servant	101	53.1485	8.58299
Private Sector	35	58.6286	11.79253
Self-Employed (Businessman)	9	55.6667	7.24569
Total	145	54.6276	9.61260

Table 5.1 : One Way Analysis of Variance of Types of the occupational status with Parental Burnout during MCO period.

Source	df	SS	MS	F	p
Between Group	2	790.946	395.473	4.487	.013
Within Group	142	12514.944	88.133		
Total	144	13305.890			

Based on the results tested with one way Analysis of Variance (ANOVA) on the Types of the occupational status with Parental Burnout during MCO period, result shown there is not statically significant $F(2,142)=4.487$ $p>0.05= .013$. But when we compare the mean score, those who are working in a private sector $n=35$ is at highest level with $M=58.62$ followed with self-employed (businessman) $n=9$, $M=55.66$, and the lowest score those who are working as a government servant $n=101$ $M=53.148$.

Based on the result stated above, it can be conclude workers of private sector are at highest score that lead to parental burnout. While the government servant at lowest score. These is because to private sectors, they rely on the business of the company and need to work under the instruction or order of their bosses. Attended meeting, responding to client’s demand and others. While to government sector, only certain department that need to work especially the essential services like police, army, nurses and doctors. The rest, are based on order by their bosses. Other than that, some of private sectors company they deduct the salary of their workers due to bad businesses during MCO.

By aspect of salary

Table 6 : Means And Standard Deviation on the salary with Parental Burnout during MCO period.

Salary	n	<u>Self-directed learning inventory score</u>	
		M	SD
Below RM2000	11	54.3636	8.82352
RM2001 - RM4000	48	56.5208	10.05726

RM4001 - RM8000	54	52.7593	8.39122
RM8001 and above	32	55.0313	10.88795
Total	145	54.6276	9.61260

Table 6.1 : *One Way Analysis of Variance of Types of the salary with Parental Burnout during MCO period.*

Source	df	SS	MS	F	p
Between Group	3	366.526	122.175	1.331	.267
Within Group	141	12939.364	91.769		
Total	144	13305.890			

Based on the results tested with one way Analysis of Variance (ANOVA) on the types of the salary with Parental Burnout during MCO period, result shown there is not statistically significant $F(3,141)=1.331$ $p>0.05=.267$. But when we compare the mean score, those who got salary RM2001 - RM4000 $n=35$ is at highest level with $M=56.52$ followed with parent with RM8001 and above $n=32$ $M=55.03$, then parents with salary below RM2000, $n=11$ $M=54.36$. and the lowest level which parent with salary RM4001 - RM8000, $n=54$ $M=52.75$.

Parents who get salary in range of below RM 2000 and RM2001-RM4000 is those under B40 group and nowadays, cost of living is quite high. Even government is very concern at this level of family income where there are some money given to them through cash benefits called Bantuan Prihatin Nasional (BPN) and Bantuan Sara Hidup (BSH). They might have many commitments and family members to feed. With this can lead them to burnout during MCO because they can't go to work but need to pay out the commitments and feed the family members. Although government give exceptional of moratorium, everyone's commitment are vary to each other. We would never know their struggle in living in this life.

By aspect of working arrangement

Table 7 : *Means And Standard Deviation on the working arrangement with Parental Burnout during MCO period.*

Working Arrangement	n	Self-directed learning inventory score	
		M	SD
Going to office	24	57.5833	11.49259
Not working	20	54.4500	11.00945
Working from home	101	53.9604	8.78057
Total	145	54.6276	9.61260

Table 7.1 : *One Way Analysis of Variance of Types of the working arrangement with Parental Burnout during MCO period.*

Source	df	SS	MS	F	p
Between Group	2	255.265	127.632	1.389	.253
Within Group	142	13050.625	91.906		
Total	144	13305.890			

Based on the results tested with one way Analysis of Variance (ANOVA) on the types of the working arrangement with Parental Burnout during MCO period, result shown there is not statically significant $F(2,142)=1.389$ $p>0.05= .253$. But when we compare the mean score, those who going to office $n=24$ is at highest level with $M=57.5833$ followed with parent not require to work $n=20$ $M=54.45$ the lowest level which parent that working from home $n=101$ $M=53.96$.

Parents who need to go to work is leading to burnout. There are many factors can lead them to this emotional burnout. If they have kids, they would think where to put their kids since all nursery, kindergarten and schools are close. To ask other people to look on their kids, they need to pay more for it. There are also roadblocks to face, pending working workload because not all sectors are open and can deal during MCO.

By aspect of working hour

Table 8 : Means And Standard Deviation on the working hour with Parental Burnout during MCO period.

Working Hour	n	Self-directed learning inventory score	
		M	SD
Flexible hour	85	54.2235	8.54731
Less than 4 hours	14	53.0000	7.91299
More than 4 hours	29	57.5862	12.00451
No working	17	52.9412	11.08755
Total	145	54.6276	9.61260

Table 8.1 : One Way Analysis of Variance of Types of the working hour with Parental Burnout during MCO period.

Source	df	SS	MS	F	p
Between Group	3	353.161	117.720	1.281	.283
Within Group	141	12952.729	91.863		
Total	144	13305.890			

Based on the results tested with one way Analysis of Variance (ANOVA) on the types of the working hour with Parental Burnout during MCO period, result shown there is not statically significant $F(3,141)=1.281$ $p>0.05= .233$. But when we compare the mean score, those who work more than 4 hours $n=29$ is at highest level with $M=57.58$ followed with parents that work in flexible hour, $n=85$ $M=54.22$, then parents that work less than 4 hours $n=14$ $M=53.00$ and the lowest level which parent that not working during MCO $n=17$ $M=52.94$.

Working more than 4 hours during MCO and if they need to work from home with kids, this is a real struggle where the parents are facing two roles at the same time. Being a mother and also a worker. Companies, bosses, they can be more extra mindful about this where workers to work when needed. Because some of them with small kids will not be easy to work during a day. Children need attentions, parents need to work, therefore the worst case, it can lead to violence or abuse. As a boss, it

would be better at least to let them work at flexible hours or alternate their working time so it may give a “win-win situation” for children and the company.

Effects of parental burnout among working parents 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	.444**	.531**	Parental
Neglect	.444**	1	.558**	Parental
Violence	.531**	.558**	1	

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

Correlations were computed among three variables used in this study on data of 145 among working parents during the MCO Phase 4. The results stated that, all three variables were interrelated to each other. All results are statistically significant $p < .001$. It shows that there is a positive correlation among the variables test. Parental burnout, neglect and violence were interrelated. In the other word, the level of Parental Burnout among working parent may lead to Parental Neglect and Parental Violence. Hence, for 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

Parental

Effect Lambda		Value	F	Hypothesis df	Error df	Sig.	Partial Squared
Trace	Pillai's Trace	.774	1.966	70.000	218.000	.000	.387
Roy's Largest Root	Wilks'	.346	2.164 ^b	70.000	216.000	.000	.412
Burnout	Hotelling's	1.548	2.367	70.000	214.000	.000	.436

1.277 3.978^c 35.000 109.000 .000 .561

Root

- 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	III df	Mean Square	F	Sig.	Partial Eta Squared
<hr/>							
Corrected Model							
	NECLECT	5287.662 ^a	35	151.076	2.641	.000	.459
Corrected Total	VIOLENCE	6782.780 ^b	35	193.794	3.196	.000	.506
	NECLECT	11522.510	144				
	VIOLENCE	16282.144	144				

a. R Squared = .447 (Adjusted R Squared = .392)

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

NEGLECT – Parental Neglect VIOLENCE - Parental Violence

Based on the above MANOVA inference test, $F(70,216) = 2.164, p < 0.01$; Wilk's $\Lambda = .000$, partial $\eta^2 = .412$. There was a statistically significant difference in Parental Burnout among working parent 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 effect which were parental neglect and parental violence to their child/children. Based on the mean score, Parental Violence is the most impact by Parental Burnout with $M = 193.79$ followed by Parental Neglect $M = 151.07$. Meaning that, Parental Violence scored also can be influenced by the finding of Parental Burnout level that most of the parents were at Average Level. Due to that result, Parental Violence was at the highest mean score.

Involved agencies, NGOs, need to be concern on this matter since this is very risky for children due to parental burnout. If parents were at stable emotional status, violence and neglectful will might not happened to the children. Children, there are still small and afraid of adults. They are the place where sometimes adults leave their anger to. Protect the children by giving taking care of the parents' emotion.

DISCUSSION

The world startled by the news of the coronavirus novel outbreak known as Covid19 since December 2019. The spread of the virus began in the Wuhan, China then spread throughout the world and was declared a pandemic on 12th March 2020 by World Health Organization (Cucinotta, & Vanelli, 2020). 187 countries have been infected with positive cases and the case fatality rate rises every day (The Ministry of Health Malaysia's Preparedness and Crisis Response Center (CPRC), 2020). Following the spread of Covid19, various countries have carried out total lockdown or Movement Control Order (MCO) in order to slow down the spread of infection. Malaysia has

carried out MCO from 18th March to 3rd May, 2020. This study was conducted during the implementation of the MCO phase 4. Beyond of this pandemic, there will affect mental health due to the unprecedented healthcare response, closings of businesses and schools, loss of employment, and restrictions on social gatherings (Sullivan, Kane, Roth, Davis, Drerup & Heinberg, 2020). The MCO not only affects the economy also parental mental health such as parental burnout. Parental burnout is a specific syndrome resulting from continuing exposure to chronic parenting stress (Mikolajczak, Brianda, Avalosse & Roskam, 2018). Burnout present in parents who are overly stressed and exhausted from doing various tasks at one time such as managing household chores, caring for children, and doing office tasks whether at home or office.

According to the results, the level of parental burnout during MCO was between average to high, while the results of the genders found that fathers were more likely to burnout than mothers. Working during the MCO gave burnout because parents had to adapt to the new norms, such as working from home since no need to go to the office and manage the children at home. After all, they could not send their kids to nursery and schools because required to close. Studies of parental burnout have found that mothers are more likely to burnout than fathers (Norberg, 2007) but the situation is different during MCO, based on findings the fathers are more likely to burnout than mothers. Since the implementation of the MCO, the movement of individuals has been limited. Before Covid19 hit, we could release stress by exercising outside, sightseeing in the recreation center, and so on but not the current situation. In this case, to prevent burnout, fathers need to change work routines and adapt to the new environment as soon as possible so as not to jeopardize their mental health. The tolerance and cooperation of each couple are also important as everyone experiences different work routines before and after the Covid19 pandemic. Work schedules are necessary in order to manage the home and children with the spouse.

Furthermore, compared to the occupational status, parents who work in the private sector are more likely burnout and followed by self-employed. MCO also affects the Malaysian economy. As Labor Day Announcement, the Prime Minister of Malaysia, Tan Sri Muhyiddin Yassin has declared the country to lose around RM2.4 billion daily during the MCO. The total loss so far is estimated at around RM63 billion. If the MCO lasts for another month, the country will lose RM35 billion, causing an overall loss of RM98 billion (Prime Minister's Office of Malaysia, 1st May 2020). It is well known that the private sector relies on the production and services provided by the company, in contrast, those who work in the public sector received wages every month. The MCO has temporarily halted factories and businesses in a way to stop the virus from spreading. Some companies such as travel agencies, hotels, airlines, childcare centers, and shopping malls have suffered losses during the MCO because of no customers. Companies must decide whether to pay half of the staff salary or not pay throughout MCO or retrench the staff as consequences of the financial problems. Because of this happen, more parents in the private sector facing burnout and suffer from stress.

The probability of parental burnout can be due to life's difficulties especially on the issue of earning. Parents who get salaries in the range of below RM 2000 and RM2001-RM4000 fall under the B40 group more burnout other than range. In order to help, the Malaysian government has agreed to assist the B40 by providing Bantuan

Prihatin Nasional (BPN) to all, including Small and Medium-sized Enterprises (SME) and no one left behind. Besides, the moratorium was also granted by Bank Negara Malaysia on personal loans, hire purchase and mortgage, and even the employee can withdraw RM500 from EPF account 2 through 'i-Lestari' for 12 months to reduce the burden. However, the help provided may only last for a short time, so parents need to find other alternatives to generate their income besides spending wisely.

The study also found parents who had to go to the office had more burnout than those who work from home. Besides the problem regarding the salary, parents who need to work at office confront new norms as suggested by the Ministry of Health (MOH) which are practice 3W; wash hands frequently, wear the mask and follow warn from MOH, and avoid 3C; crowded places, confined spaces, and close conversation. Another problem arises, parents who working arrangement in office need to think about their children's daycare and education. Since the MCO, most nurseries and daycare centers are not allowed to operate and even the schools have to run the online classroom. Children require a phone or computer for access to the online classroom and parents need to monitor their homework. These routines happen every day. These kinds of parents may not be able to provide a phone or laptop and monitor homework during the day. The working hour also affects the parent burnout during the implementation of the MCO. Based on the analysis of the study, it is found that parents who have to work more than 4 hours a day need to focus more on office work and have less time with family members. Since parents need to go to an office that requires them to stay 8 or 9 hours a day, lead to a lack of time together with family.

Based on the correlation, there is a relationship between parental neglect and parental violence on parental burnout. However, based on the comparison made, working parents are more likely to commit violence against their children due to job burnout. Job burnout is a psychological response to work-related stress (Akirmak & Ayla, 2019), and comes along with syndrome of exhaustion, cynicism, and will be reduced professional efficacy (Maslach, Jackson & Leiter 1996). The Covid19 pandemic causes serious emotional and psychological distress, especially for parents. Parents will experience difficulties concerning their children's behavioral and emotional disorders, adapting problems and creating misperceptions about their child's temperament (Rodríguez, Orsini, Laflaquière, Callahan, & Séjourné, 2019). The worst issue of when burnout happens increases the risk of neglectful and violent behavior towards children (Mikolajczak et al, 2018). Exposure to violence in mothers also has negative consequences on their children (King & Khanijahani, 2020). Children's may increase negative emotions such as frustration, anger, depression, and eventually lead children to do delinquent behaviors (Kwak, Kim & Yoon, 2018). The Committee on the Rights of the Child, defined violence as all forms of physical or mental violence, injury or abuse, neglect or negligent treatment, maltreatment or exploitation, including sexual abuse and all forms of harm to children. In The State of the World's Children reported the total percentage of violence discipline in Malaysia is around 71% and violence discipline refers to psychological aggression and/or physical punishment (UNICEF, 2019). The numbers are very high and without the care and protection of children by authorities and government, it will give impact their mental health and psychology. Child protection refers to prevention and response to violence, exploitation, and abuse of children in all contexts (UNICEF, 2019). According to the ecological theory introduced by Bronfenbrenner (1979), parents are

the closest level to children and their role in childcare, development, protection, and the medium for children to have an experience (McCoy, Melendez-Torres, & Gardner, 2020).

Implications

Burnout can happen to everyone and if left untreated can have an impact on mental health. According to Rodriguez, Orsini, Laflaquiere, Callahan & Sejourne (2019), there are 3 components for burnout namely emotional exhaustion, emotional distance and disengagement and the lack of motivation on his/her parental role. Parents, who show signs of burnout may reduce the distress by following the tips suggested by MOH such as taking time to rest, eat healthy meals, say something nice, practice deep breathing, manage emotions positively, or else get professional help such as a counselor or psychiatrist. There is a lot of agency that can give hand, for example, MENTARI, public or private counselor and psychiatrists, Talian KASIH 15999 by Social Welfare Department, and more. Parents also need to be open by sharing their problems with employers to reduce their workload and considerate of employees' welfare. Besides, there are services named MyCareCov19 under the Department of Islamic Development Malaysia (JAKIM) for family, community & religious counseling to help those who need and help family management. Religious institutions play an important role in society as a whole by providing spiritual and moral guidance, faith communities, and support groups (McLeigh & Taylor, 2019).

Moreover, support from a partner is very important in managing emotions and stress. Parents who experience burnout need support from their spouses to be more tolerant and cooperative in this difficult situation. Communication is a medium between spouses to understand each other's problems and reduce the burden by helping each other. Other than that, parents need to manage schedules between office works, house chores, and childcare to avoid feeling overwhelmed. This schedule benefits everyone so that all family members are involved in managing the household. For older children, it may be possible to give them responsibilities such as caring for younger children and cleaning the house. Parents can show their love for children by spending time with them such as playing, eating, and learning, and children will not feel left out. Avoid violence against them by control temperament. Children who have been found to be violent by their parents can report to Talian KASIH 15999. By collect all information from the children's perspective regarding the violence happens is a first step towards building knowledge on the incidence of violence and the forms of violence with which children are confronted (Zijlstra, Menninga, Os & Kalverboer, 2020).

Limitation

This research has some limitations. The first is about a literature review that focuses on working parent without looking at the details of occupation each parent does. As the types of jobs in Malaysia are diverse, so it is important to look deeply at the contribution of burnout factors in parent based on the types of occupation. Second is to concerns about the salaries received by the parents during the movement control order. This is because some parents get their pay cut due to economic problems during the movement control order. So it is necessary to see if they receive a salary as normal or are involved in a deduction even while they are still working. So this is

likely to be a contributor to the stress because having to work but receiving different salary than before.

Recommendation for further research

The average to high incidence of parental burnout during the MCO in this population is troubling, and it requires careful thoughtfulness to meet the needs of children and avoid this particular mental health issue among parents. Due to small number of sampling for the population, the further study should be done in order to have more participants in future. It is mattered to indicate the mental health status in a wider picture with a wider population. Besides, this study is taken within two months of the MCO during COVID-19, it is therefore to explore how the parental burnout is regressed through times is a must. According to the Ministry of Health of Malaysia, an increasing number of emotional disturbances, worriedness, domestic violence and child abuse were alarmed received by the counselors throughout the MCO period, the collaboration with them is helpful to investigate the consequences of family institution and how counseling might help to reduce the problem is a consideration action. This coordinated effort for public education is one of the advocacies that should be prioritized in order to help parents to help themselves.

CONCLUSION

Till subsequently, study on parental burnout was primarily concerned not just with parental wellbeing but rather with their children. Even so, circumstances get even worse whereas for a consequence of even being emotionally and physically exhausted by its parental position in the absence of a children 's needs, particularly the involvement in working environments is growing rapidly. Based on the findings, the working background of the parents were varied in terms of occupational status, salary, working condition during the MCO and working arrangement – where these variables give significance consequences on parental well-being particularly the parental burnout. This is should be taken into the account due to the parental burnout significantly affected the continuous issues such as negligence and violence for their children.

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