

# Parenting with a smile

## Display rules, regulatory effort, and parental burnout


Gao-Xian Lin [1], Logan Hansotte [1], Dorota Szczygieł [2], Loes Meeussen [3, 4], Isabelle Roskam [1], Moïra Mikolajczak [1]

[1] Psychological Sciences Research Institute, Catholic University of Louvain, Belgium.
[2] Faculty in Sopot, SWPS University, Poland.
[3] Social and Cultural Psychology, Catholic University of Leuven, Belgium.
[4] Research Foundation Flanders, Belgium.



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# The origin of the current research



## HIGHLIGHT

- Prevailing in **Western world, positive parenting** refers to a set of *ideology* that emphasizes continual relationship of a parent and a child. It includes caring, parental warmth & support, and providing for the needs of a child consistently and unconditionally.
  (see Baumrind, 1966)




- This ideology is explicitly expressed in government policies.

Baumrind, D. (1966). Effects of Authoritative Parental Control on Child Behavior. *Child Development*, *37*(4), 887–907. https://doi.org/10.2307/1126611

# The origin of the current research

## Parent's aspect

There has been relatively **little research** into the consequences of this set of parenting prescriptions for parents.

## Child's aspect

Positive parenting has been shown to **bolster** child's development in terms of their health and well-being.

(e.g. Chen et al., 2019)

Chen, Y., Haines, J., Charlton, B. M., & VanderWeele, T. J. (2019). Positive parenting improves multiple aspects of health and well-being in young adulthood. *Nature Human Behaviour*, *3*(7), 684–691. https://doi.org/10.1038/s41562-019-0602-x



# Parental Burnout

**Is it possible that positive parenting ideologies associate with higher vulnerability to parental burnout?**

# The origin of the current research

## DEFINITION

**Parental burnout** is a psychological syndrome encompassing four key dimensions

**Exhaustion in one's parental role**

I feel completely run down by my role as a parent

**Emotional distancing from one's child(ren)**

I do what I'm supposed to do for my child(ren), but nothing more

**Feelings of being fed up with one's parental role**

I can't stand my role as father/mother any more

**Contrast with previous parental self**

I don't think I'm the good father/mother that I used to be to my child(ren)

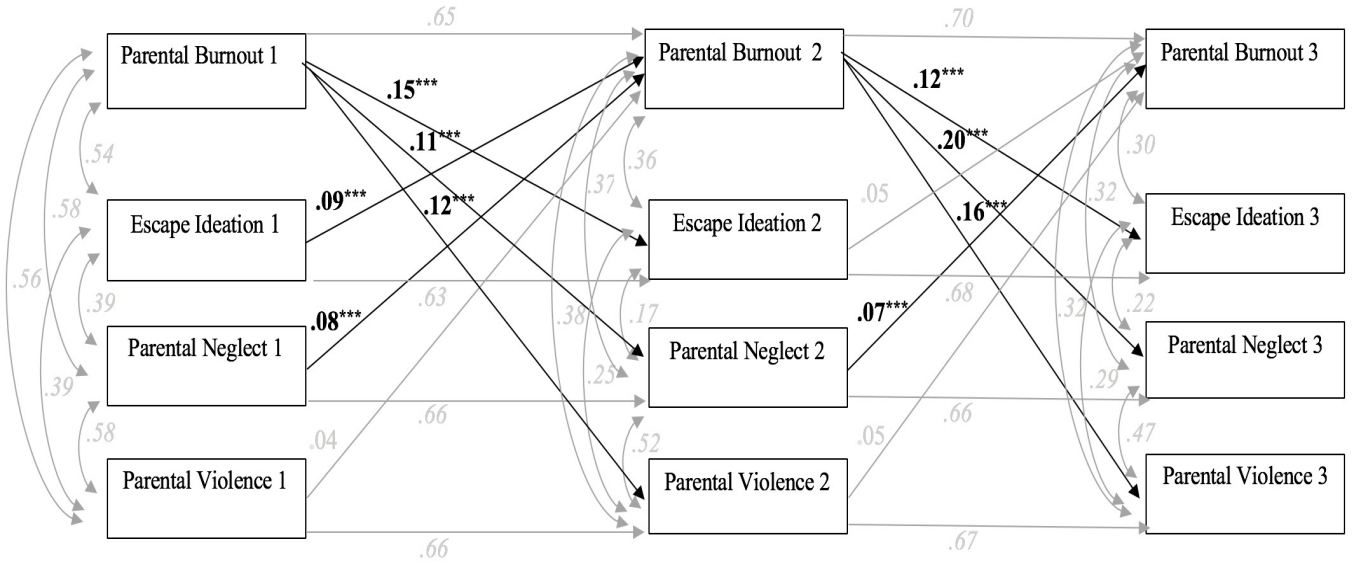
(Roskam et al., 2018)

## HIGHLIGHT

Roskam, I., Brianda, M.-E., & Mikolajczak, M. (2018). A Step Forward in the Conceptualization and Measurement of Parental Burnout: The Parental Burnout Assessment (PBA). *Frontiers in Psychology*, 9. https://doi.org/10.3389/fpsyg.2018.00758

# The origin of the current research

## IMPORTANCE OF PARENTAL BURNOUT




Autoregressive paths and covariances are in gray italics; all coefficients are significant at p<.001. Significant cross-lagged [$p < .001$] paths are in bold. Non-significant cross-lagged paths are in gray.

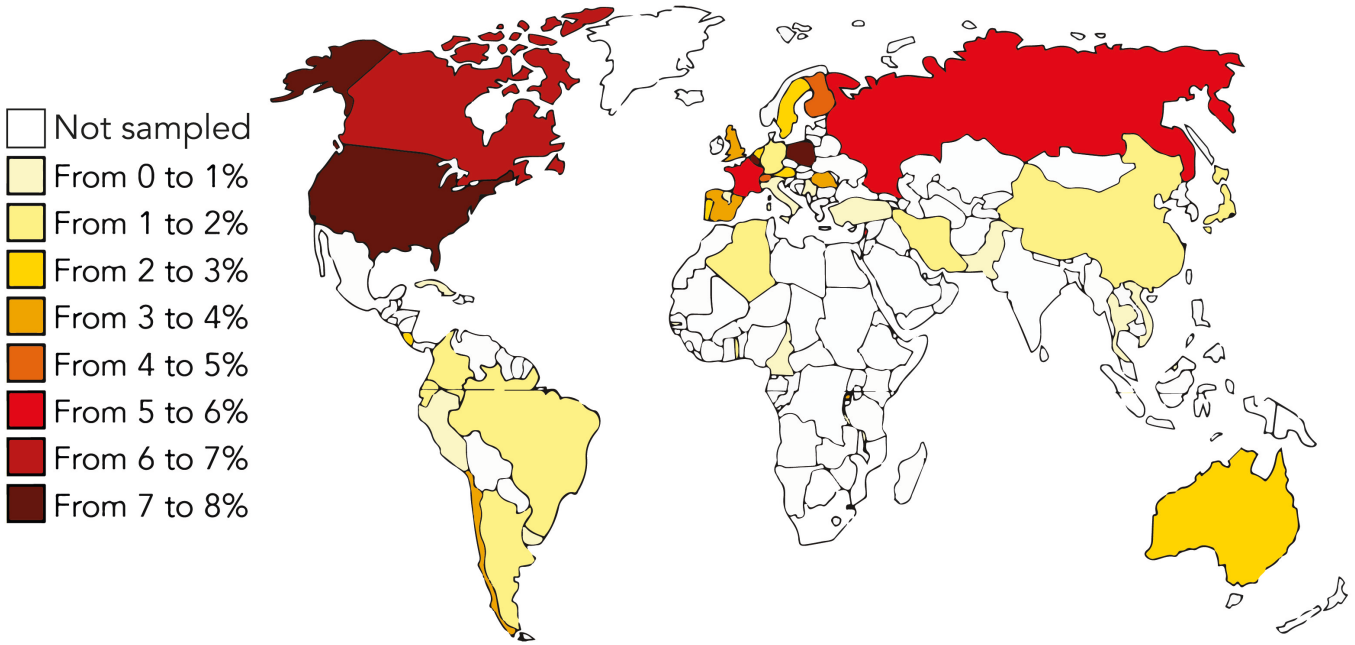
(Mikolajczak et al., 2019)

## HIGHLIGHT

- Parental burnout has very **detrimental consequences** on both parents' and children' well-being.

# The origin of the current research

## PREVALENCE OF PARENTAL BURNOUT




## HIGHLIGHT

- Parental burnout has very **detrimental consequences** on both parents' and children' well-being.
- There are **dramatic variance** of parental burnout prevalence across countries.
  - Western parents being five times more vulnerable to parental burnout than parents in the rest of the world.

Roskam, I., et al. (2021). Parental Burnout Around the Globe: A 42-Country Study. *Affective Science*. https://doi.org/10.1007/s42761-020-00028-4



# Parental Burnout

**Why does the positive parenting ideologies associate with higher vulnerability to parental burnout?**

# Borrowing the emotional labor framework



**Organization Culture**

**Emotional Display Rule**

Information about "which" and "how" emotions should be managed "where" and "when."

**Surface Acting**

Bringing the outward expression of emotion in line with the display rules

**Deep Acting**

Deeply modify internal feelings to align felt and required emotions

**Effort**

**Effort**

**Job Burnout**

(see Wharton, 2009; e.g., Brotheridge & Grandey, 2002)


Brotheridge, C. M., & Grandey, A. A. (2002). Emotional Labor and Burnout: Comparing Two Perspectives of "People Work." *Journal of Vocational Behavior*, *60*(1), 17–39.
Hochschild, A. R. (1983). *The managed heart: Commercialization of human feeling*. University of California Press.

# Borrowing the emotional labor framework



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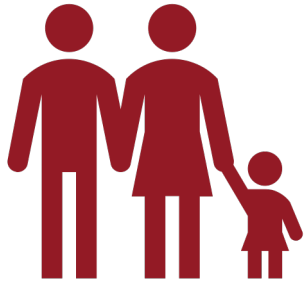
**Deep Acting**

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**Effort**

**Effort**

**Job Burnout**



**Western Parenting Culture (Positive Parenting Ideologies)**

**Emotional Display Rule**

**Surface Acting**

**Deep Acting**

**Effort**

**Effort**

**Parental Burnout**


Brotheridge, C. M., & Grandey, A. A. (2002). Emotional Labor and Burnout: Comparing Two Perspectives of "People Work." *Journal of Vocational Behavior*, *60*(1), 17–39.

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# Research questions



Western Parenting Culture
(Positive Parenting Ideologies)




(1) Do parents perceive emotional display rules in their parenting?

(2) Does it require effort for parents to comply with these emotional display rules?

(3) Do parents comply with these emotional display rules by using surface and deep acting?

(4) Does this emotional management require regulatory efforts?

(5) Is it possible that these regulatory efforts increase the risk of parental burnout?

# A cross-sectional data-collection

## Participants:

347 parents (30 fathers & 317 mothers)

## Measurements

| α | | Construct | | Example Item |
|---|---|---|---|---|
| .97 | | Parental burnout | | I felt exhausted while caring for my children. (PBA; Roskam et al., 2018) |
| .90 | .85 | Emotional display rules | + | A parent must be loving towards his/her child. |
| | .89 | | - | A parent must control his/her stress in the presence of his/her child. |
| .92 | .86 | Regulatory effort | + | How much effort does it require from me to show my love towards my child? |
| | .90 | | - | How much effort does it require from me to control my stress in the presence of my child? |
| .73 | | Surface acting | | In the presence of my child, I try not to express my true feelings |
| .93 | | Deep acting | | In the presence of my child, I try to really feel the emotions I think it is necessary to express as a parent |

Roskam, I., Brianda, M.-E., & Mikolajczak, M. (2018). A Step Forward in the Conceptualization and Measurement of Parental Burnout: The Parental Burnout Assessment (PBA). *Frontiers in Psychology*, 9. https://doi.org/10.3389/fpsyg.2018.00758

# Method and result

**Q1. Do parents perceive emotional display rules in their parenting?**

**Q2. Does it require effort for parents to comply with these emotional display rules?**

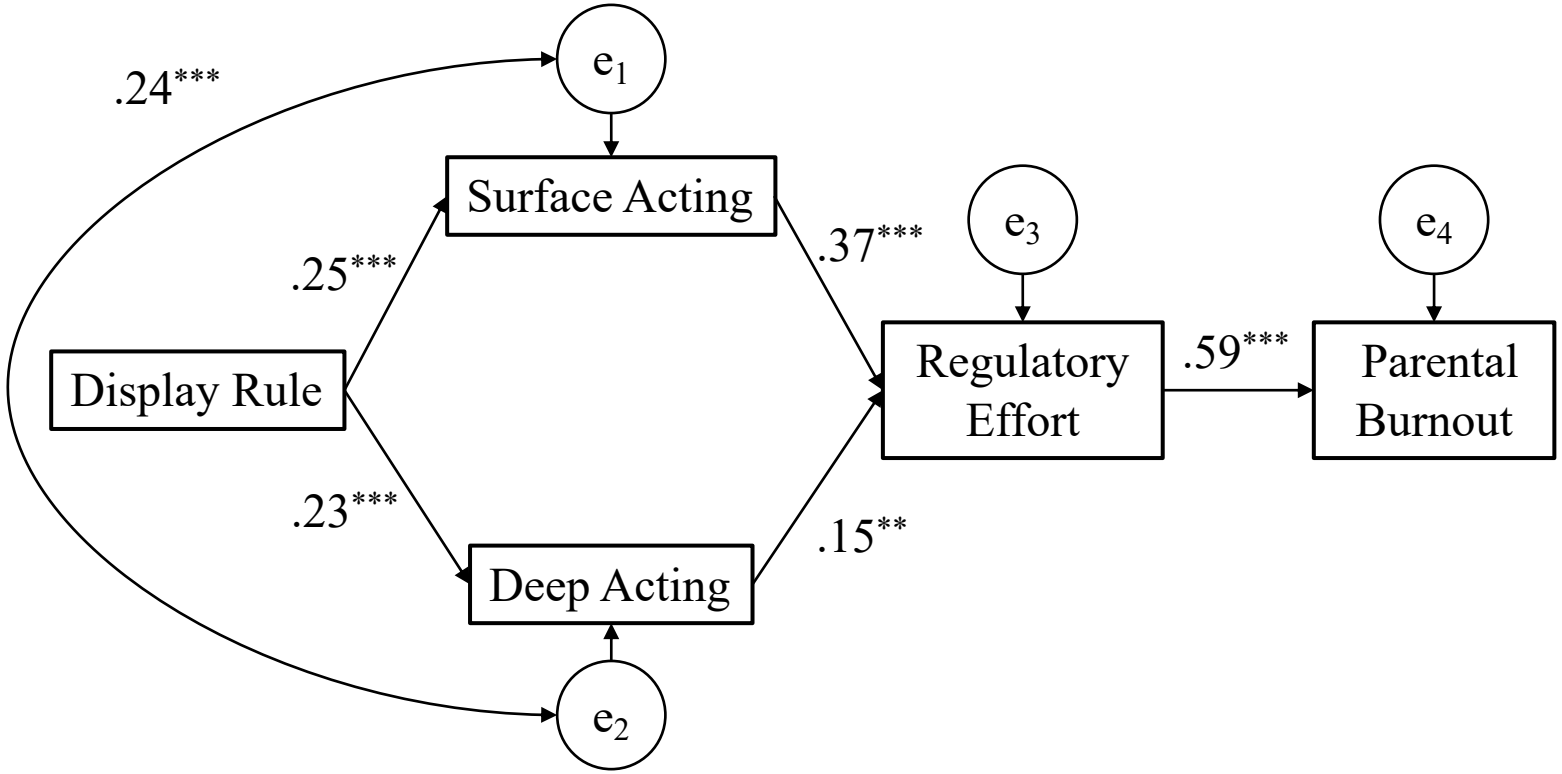
| Scales | Emotional Display Rule | | | | Regulatory Effort | | | |
|---|---|---|---|---|---|---|---|---|
| | | > 2 ("*neither agree nor disagree*") | | | | > 1 ("*no effort at all*") | | |
| | ***M* (*SD*)** | $t_{(346)}$ | ***p*** | ***d*** | ***M* (*SD*)** | $t_{(346)}$ | ***p*** | ***d*** |
| **Show positive emotions** | 3.06 (0.52) | 37.82 | **.000** | 2.04 | 1.70 (0.66) | 19.78 | **.000** | 2.03 |
| **Control negative emotions** | 2.91 (0.57) | 29.53 | **.000** | 1.59 | 2.29 (0.93) | 25.96 | **.000** | 1.39 |
| **Global score** | 2.98 (0.47) | 38.86 | **.000** | 2.09 | 2.01 (0.72) | 25.98 | **.000** | 1.40 |

**A1. Parents perceive emotional display rules in parenting.**

**A2. It requires effort from parents to comply with emotional display rules.**

# Method and result

**Q3. Do parents comply with these emotional display rules by using surface and deep acting?**
**Q4. Does this emotional management require regulatory efforts?**




*Note*. The Satora-Bentler correction was used to adjust all the goodness-of-fit statistics involving the likelihood-ratio test comparing the fitted model with the saturated model.

**Path Analysis via Stata 16.0**

| | CFI | TLI | RMSEA | SRMR |
|---|---|---|---|---|
| Rule | >.95 | >.95 | <.08 | <.08 |
| Data | .97 | .93 | .07 | .03 |

**Fit indices suggested that the proposed model had a good fit to the data.**

**A3. Parents comply with emotional display rules by using surface and deep acting.**
**A4. Emotion management in response to display rules is effortful.**

# Method and result

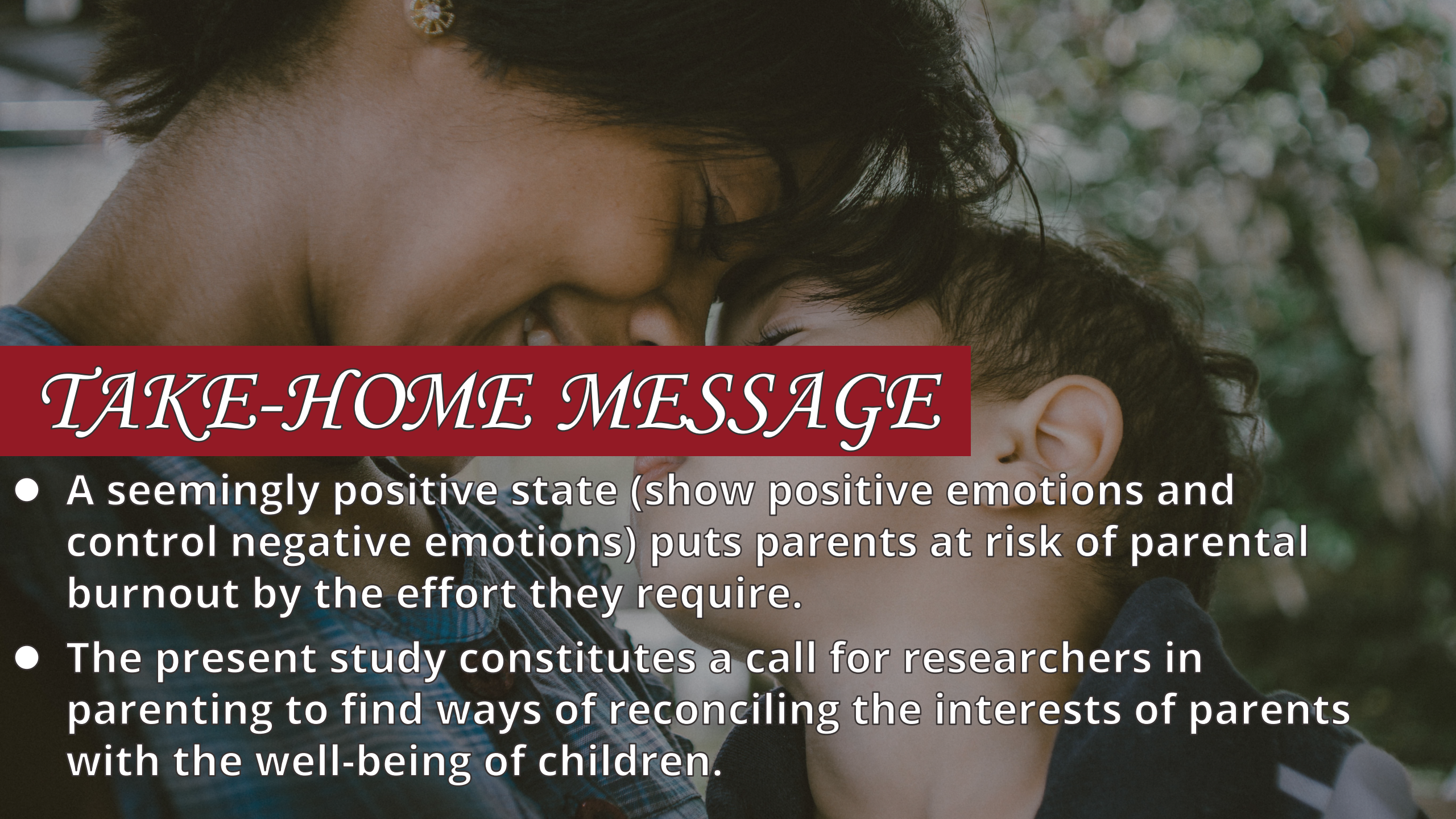
**Q5. Is it possible that these regulatory efforts increase the risk of parental burnout?**




| Indirect effect | Std. Estimate | z | *p* |
|---|---|---|---|
| **Surface acting → Parental burnout** | .22 | 5.05 | .000 |
| **Deep acting → Parental burnout** | .09 | 2.91 | .004 |
| **Display Rule → Parental burnout** | .07 | 3.98 | .000 |

*Note*. The Satora-Bentler correction was used to adjust all the goodness-of-fit statistics involving the likelihood-ratio test comparing the fitted model with the saturated model.

**A5. The regulatory efforts involved in complying with emotional display rules increase vulnerability to parental burnout.**



# TAKE-HOME MESSAGE

- A seemingly positive state (show positive emotions and control negative emotions) puts parents at risk of parental burnout by the effort they require.
- The present study constitutes a call for researchers in parenting to find ways of reconciling the interests of parents with the well-being of children.



# THANK YOU