

ПСИХОФІЗІОЛОГІЯ ТА МЕДИЧНА ПСИХОЛОГІЯ

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DOI <https://doi.org/10.32782/2709-3093/2022.6/15>**Astremska I.V.**

Petro Mohyla Black Sea National University

Myza I.O.

Petro Mohyla Black Sea National University

CHARACTERISTICS OF PARENTAL BURNOUT IN FAMILIES RAISING ADOLESCENTS AND METHODS OF ITS PREVENTION

The article examines the problem of emotional burnout of parents raising teenage children. The author conducted a study of the phases of emotional burnout of parents, and identified its features. The main attention is paid to the search for effective methods of overcoming the problem of emotional burnout, attention is focused on the need to prevent the occurrence of this phenomenon.

It is emphasized that the normal functioning of the family depends on how successfully the parental burnout prevention program performs its main functions, which determines the level and quality of overcoming difficulties.

It has been proven that the main tasks of the program for the prevention of emotional burnout in the family, in which the participation of all family members is desirable, should be the awareness of family stressors and the mechanism of their action, increasing the child's personal stress resistance. family members, development of their self-regulation, variability of coping strategies, as well as improvement of interaction within the family.

The expected results of this program are the participants' achievement of self-perception, formation and strengthening of a sense of personal competence, development of personal autonomy, focus on self-realization and creativity. It is noted that the program must include methods aimed at personal growth, the formation of optimism, cheerfulness, the creation of promising life plans, increased activity and the development of skills necessary for constructive communication.

Prevention of emotional burnout in the family should be aimed primarily at the development of self-regulation of family members, their resistance to stress, coping strategies; secondly, to increase the efficiency of the family's functioning, develop its elasticity, ability to quickly recover (overcoming behavior characteristic of the family as a whole). Prevention of emotional burnout syndrome in the family should begin with an analysis of the family situation.

The tasks of this stage are a cognitive assessment of the current family situation (identification of family stressors, analysis of one's own stress reactivity or tolerance, etc.) and weakening of the effect of stressors.

The most effective technologies and methods of prevention and correction of emotional burnout of parents of teenage children are proposed.

Key words: *emotional burnout, adolescence, parents of teenagers, prevention of emotional disorders.*

Introduction with disclosure of the relevance of the research problem. The issue of family mental health in Ukraine is currently extremely relevant. Studying the phenomenon of «burnout» of parents requires a deep study of the current climate of the country.

Prolonged emotional stress and tension lead to a lack of energy in emotional, mental and physical terms. cannot adequately fulfill their parental duties.

In addition, prolonged emotional stress affects their relationships with family members and can lead to parental burnout.

Marital or family burnout, the identification of the determinants of its occurrence and the consequences it leads to, attracted the attention of domestic researchers O. Klyapets, T. Tytarenko, L. Piletska, and others. The prevalence of emotional burnout syndrome

among parents raising teenagers is gradually increasing, which leads to the growing interest of scientists in this phenomenon. Therefore, the study of emotional burnout is important from both a theoretical and a practical point of view. The acuteness of the problem of emotional burnout of parents, the lack of research, makes it necessary to study such a phenomenon as emotional burnout and related psychoemotional and psychosomatic states of the personality.

The purpose of the article: to theoretically substantiate and analyze the psychological features of parental burnout in families raising teenagers.

Presentation of the main material of the study with a full justification of the obtained scientific results.

The detailed characteristics of the sample of the researched are presented in the table 1.

With the help of K. Maslach's questionnaire, we determined the severity of burnout in three scales: emotional exhaustion, depersonalization, and reduction of personal achievements (table 2).

According to the results of the K. Maslach emotional burnout questionnaire adapted for parents, conducted among 28 participating parents, the following data were obtained: a low level of exhaustion is characteristic of 4 studied parents, 14 parents have an average level of exhaustion, 10 respondents have a high level of exhaustion, the results show research. According to the «depersonalization» scale, we have a distribution according to three levels of severity of this indicator. 14 parents have a low level of seriousness, 11 respondents have an average level and 3 parents have a high level according to the test results.

Table 1

Characteristics of the subjects

Indicators	Division of research subjects into subgroups based on a certain characteristic	Result
Age	28-33	30%
	34-42	70%
Employment level	Not working	39%
	I work 2-3 hours a week	17%
	I work 3-6 hours a day	13%
	I work full time	31%
Financial status of the family	There are difficulties in meeting basic needs	4%
	Basic needs are partially met	41%
	Basic needs are met	55%
Number of teenage children	Work 2-3 hours	39%
	2 children	56%
	3 children	5%
Residence	city	92%
	town	8%
Are you currently undergoing psychotherapy?	yes	12%
	no	88%
Availability of childcare assistance	No one helps	29%
	Minimum child care allowance	27%
	Adequate childcare assistance	20%
	Permanent full childcare assistance	24%
Less than 6 hours of sleep per day	yes	18%
	no	82%
Independent performance of homework	yes	42%
	no	58%

Table 2

The degree of emotional burnout (questionnaire K. Maslach (%))

Subscale	Low level	Medium level	High level
Emotional exhaustion	14,3	50,0	35,7
Depersonalization	50,0	39,3	10,7
Reduction of personal achievements	21,4	39,3	39,3

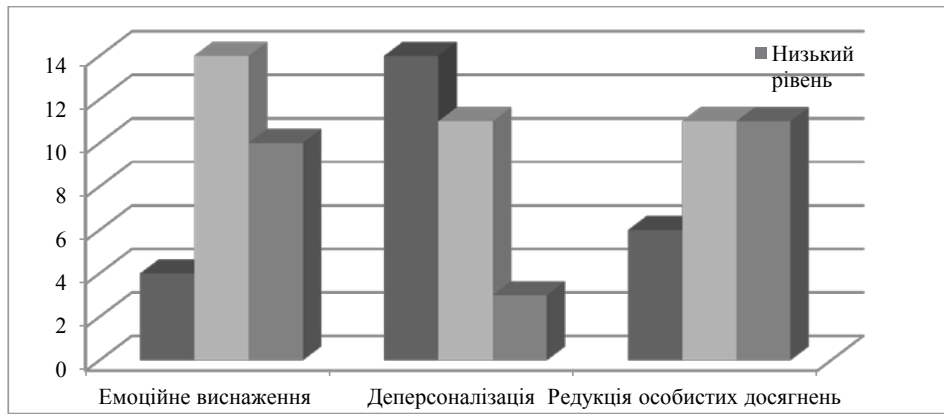


Fig. 1 Degree of severity of burnout using the K. Maslach questionnaire

There are also three ratings on the «decrease in personal effectiveness» scale. The group with a low level of this factor consisted of 6 people; in the group with an average level – 11 people. The group with a high coefficient of reduction in personal efficiency included 6 respondents.

Degree of severity of burnout using a questionnaire K. Maslach is presented in fig. 1.

As we can see, such phases of emotional burnout as Emotional exhaustion and Reduction of personal achievements are most characteristic of parents, the average and high level of the Depersonalization phase is less pronounced.

The obtained results indicate the need to develop recommendations for the prevention of such methods of emotional burnout, which will most contribute to the solution of the specified problem.

Prevention of emotional burnout in the family should be aimed primarily at the development of self-regulation of family members, their resistance to stress, coping strategies; secondly, to increase the efficiency of the family's functioning, develop its elasticity, ability to quickly recover (overcoming behavior characteristic of the family as a whole).

The following principles of prevention of emotional burnout in the family can be distinguished [4]:

- since emotional burnout in the family primarily concerns those of its members who belong to the risk group, this should be taken into account already at a younger age. children people decide to get married;
- awareness and understanding of the problem of burnout at all levels (personal and family) in itself contributes to the prevention and overcoming of emotional burnout in the family;
- dysfunctional, discordant families are most prone to burnout; therefore, the prevention of professional burnout should also include the harmonization of family relationships.

Prevention of emotional burnout in the family can take place both in the conditions of group and individual work. Due to the fact that emotional burnout in the family is a consequence of uncontrolled chronic family stress, the main means of psychoprophylaxis of this phenomenon are [3]:

- active learning methods (social-psychological trainings, psychological games, communication skills training, etc.), aimed at developing communication skills, mastering constructive communication skills, overcoming conflicts, acquiring and expanding the variability of the use of effective coping styles of participants;
- trainings that stimulate the motivation of family members for self-realization, personal growth and disclosure of creative abilities;
- anti-stress programs and support groups aimed at optimizing self-esteem, self-confidence, social courage and individual creativity;
- programs to increase emotional stability and psychophysical harmony of family members by mastering the means of mental self-regulation, optimization of lifestyle, self-organization and planning of self-realization in various spheres;
- programs aimed at harmonizing family relations, strengthening the family, developing support within the family.

In order to prevent and overcome family stress and the syndrome of emotional burnout in the family, we have developed a program for the prevention and overcoming of professional stress and the syndrome of professional burnout. Such a program can be used in the context of group and individual work, as well as in the process of self-help.

Prevention of burnout syndrome in the family should begin with an analysis of the family situation. The tasks of this stage are cognitive assessment of the current family situation (identification of family

stressors, analysis of one's own stressoreactivity or tolerance, etc.) and attenuation of the action of stressors. For this purpose, a system of special techniques for preventing the occurrence of family stress is used [1], [mastering stress recognition skills. First of all, you should learn to identify signs that warn of rising family stress;

- identify signs of family stress, which allows you to cognitively assess the situation: it is necessary to identify the main stressors in your own family life and try to eliminate them by analyzing your own reactions to them, your own coping behavioral strategies;

- identification of everyday, routine household chores, as well as related conflicts that usually become family stressors (for example, overloading household chores; untimely performance of family responsibilities by a partner; marital conflict, etc.). Mastering the skills of managing your emotional reactions, the ability to communicate constructively, and strategies for effective conflict resolution;

- taking into account certain stress factors when making certain obligations to overcome family stress; enter into a contract with yourself to use certain coping strategies for a certain period of time establish for yourself a certain system of rewards or punishments (not just psychological ones);

- identify your own motives for participating in Family Affairs and taking on certain responsibilities. To do this, make a list of all the reasons (real and abstract) that encourage you to fulfill family responsibilities. It is also necessary to determine the values and meaning of your family life, opportunities and main stages of personal development and family formation;

- mastering the skills of managing your time (it is recommended to use the following techniques: determining the main goals and objectives of your own activities in the family sphere for a certain period of time; setting goals and objectives by Priority; Planning family affairs; learning to confidently say «no!» in case of transfer of duties by relatives of other participants, delegation of their powers, assignment of household duties to other persons, etc.);

- if one of the causes of family stress is a large number of household chores, then even if you really like work, you should try to change your image of a «home addict»;

- focus on the tasks you like best and find ways to stop or minimize the tasks you don't like;

- optimal use of your time. It is advisable to determine for yourself how much time you need to spend on homework now, and then reduce your «work time» to a certain level. To do this, you can use artificial methods (for example, making an appointment with

a friend immediately after completing certain household chores, planning events for the whole family, «trips»: visiting the pool, theater, etc.); allocate free time during the day; learn to say «no» if someone or something encroaches on this free time;

- focusing on the pleasant moments of fulfilling family responsibilities; distributing household responsibilities among other family members, delegating some of their powers to them;

- identify those things other than family matters that you would like to do. Make a list called «I really want to do this» that lists all the activities you want, sorted from the most fun to the least fun. Development of a plan for creating conditions for the implementation of such activities;

- developing self-confidence and mastering the skills of demonstrating assertive (confident) behavior in family life;

- defining your own understanding of success in family life (which for me personally means «successful family»). Simulate situations where these strengths can prevent burnout, identify opportunities for developing your weaknesses, and acquire new skills;

- creating a social support group. Social support is a sense of belonging to others, a sense of being accepted and loved for who you are, not because you can do something for someone else. Such a social support group may include family members, friends, work colleagues, or neighbors with whom you have developed an emotionally close relationship.

At the stage of perception of the family situation as stressful and the occurrence of emotional and physical stress, you should use techniques that protect against the development of family stress. In particular, it is [4], [mastering the strategy of selective perception (the ability to focus on the positive aspects of family life, ignoring the negative ones). Mastering the ability to distract from obsessive thoughts, to be aware of the positive aspects of the situation, downplaying (not discarding!) unpleasant sides.

- perception of family life as a holiday. Life can become a holiday if you take the time to celebrate it. You can use the following techniques: focus on everything positive in life (not just in the future). if some life goal, even if it is not very important, has already been achieved, you should allow yourself to enjoy your own success, feel like a winner, and not immediately start setting a new goal for yourself;

- perception of family life in general, the ability to enjoy the smallest details. To do this, it is advisable to make conscious efforts, change the usual ways of activity, and creatively approach household chores;

– awareness that the essence of stress management in the family is confidence in yourself and your decisions, because it allows you to successfully manage your own life. If a person has a low opinion of himself, he loses confidence in his decisions and beliefs, which means that he can become dependent on other family members, begin to adapt to the behavior of others and try to be satisfied first of all. needs, sacrificing your own needs, interests, and desires;

– taking into account the importance of a sense of responsibility for coping with stress in the family. The external locus of control indicates the transfer of responsibility to other family members, a low level of self-control of family life; the internal locus of control reflects a person's confidence that he is responsible for what is happening, controls the events of his family life;

– the use of various techniques of meditation and autogenic training, as well as physical exercises that must be selected and applied taking into account the individual psychological characteristics of a person in order to avoid psychological and physical stress, excitement, etc.;

– development of personal communication skills, mastering the skills and abilities of effective communication, adequate response in the difficult situations of interpersonal interaction, constructive overcoming of family conflicts, which is one of the most important aspects of preventing emotional burnout in the family.

Thus, the main objectives of the program for the Prevention of burnout in the family, in which the participation of all family members is desirable, are: awareness of family stressors and the mechanism of their action, increasing the personal stress tolerance of the child, family members, developing their self-regulation, the variability of coping strategies, as well as improving interaction within the family, the expected results of this program are the achievement

of self-perception by participants, the formation and strengthening of a sense of personal competence, the development of personal autonomy, the focus on self-realization and creativity. It is mandatory to include in the program methods aimed at personal growth, forming optimism, cheerfulness, creating long-term life plans, increasing activity and developing skills necessary for constructive communication.

Technologies of independent work with stress in the context of burnout prevention. Methods aimed at reducing the «premonition of stress»: the method of rationalizing the next event, the method of selective positive retrospective, the method of selective negative retrospective; The Mirror method, the method of detailed visualization of the negative outcome of the situation.

Conclusions from the conducted study. The study revealed 85,7% of parents emotional exhaustion at medium (50%) and high (35,5%), 78,6% reduction in personal achievement at medium (39,3%) and high (39,3%), and 50% depersonalization at medium (39,3%) and high (10,7%). In our opinion, the normal functioning of the family depends on how successfully the parental burnout prevention program performs its main functions, which determines the level and quality of overcoming difficulties.

Prevention of emotional burnout in the family should be aimed primarily at the development of self-regulation of family members, their resistance to stress, coping strategy; secondly, to increase the efficiency of family functioning, the development of its elasticity, the ability to quickly recover (overcoming behavior characteristic of the family as a whole). Prevention of burnout syndrome in the family should begin with an analysis of the family situation. The tasks of this stage are cognitive assessment of the current family situation (identification of family stressors, analysis of one's own stressoreactivity or tolerance, etc.) and attenuation of the action of stressors.

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Астремська І.В., Миза І.О. ОСОБЛИВОСТІ БАТЬКІВСЬКОГО ВИГОРАННЯ В СІМ'ЯХ, ЯКІ ВИХОВУЮТЬ ПІДЛІТКІВ, ТА МЕТОДИ ЙОГО ПРОФІЛАКТИКИ

У статті розглядається проблема емоційного вигорання батьків, які виховують дітей підліткового віку. Проведене автором дослідження фаз емоційного вигорання батьків, визначені його особливості. Основна увага приділяється пошуку ефективних методів подолання проблеми емоційного вигорання, акцентовано увагу на необхідності профілактики виникнення даного феномену.

Наголошено, від того, наскільки успішно програма профілактики батьківського вигорання виконує свої основні функції, залежить нормальне функціонування сім'ї, що визначає рівень і якість подолання труднощів.

Доведено, що основними завданнями програми профілактики емоційного вигорання в сім'ї, в якій бажана участь усіх членів сім'ї, повинно бути усвідомлення сімейних стресорів і механізму їх дії, підвищення особистої стресостійкості дитини, членів сім'ї, розвиток їх саморегуляції, варіативність копінг-стратегій, а також покращення взаємодії всередині сім'ї. Очікуваними результатами цієї програми є досягнення учасниками самосприйняття, формування та зміцнення почуття особистісної компетентності, розвиток особистої автономії, спрямованість на самореалізацію та творчість. Зазначено, що обов'язково включати в програму методи, спрямовані на особистісне зростання, формування оптимізму, життєрадісності, створення перспективних життєвих планів, підвищення активності та розвиток навичок, необхідних для конструктивного спілкування.

Профілактика емоційного вигорання в сім'ї має бути спрямована насамперед на розвиток саморегуляції членів сім'ї, їх стійкості до стресу, копінг-стратегій; по-друге, для підвищення ефективності функціонування сім'ї, розвитку її еластичності, здатності до швидкого відновлення (подолання поведінки, характерної для сім'ї в цілому). Профілактика синдрому емоційного вигорання в сім'ї повинна починатися з аналізу сімейної ситуації. Завданнями цього етапу є когнітивна оцінка поточної сімейної ситуації (ідентифікація сімейних стресорів, аналіз власної стресореактивності чи толерантності тощо) та послаблення дії стресорів.

Запропоновані найбільш ефективні технології та методи профілактики та корекції емоційного вигорання батьків дітей підліткового віку.

Ключові слова: емоційне вигорання, підлітковий вік, батьки підлітків, профілактика емоційних порушень.