

Review

Not peer-reviewed version

---

# Exploring the Need for the Prevention of Burnout and Maintaining Wellbeing by Working Parents: A Narrative Literature Review

---

[Ntombophelo Sithole-Tetani](#)\*

Posted Date: 12 August 2025

doi: 10.20944/preprints202508.0780.v1

Keywords: parents; burnout; well-being; support; work; home



Preprints.org is a free multidisciplinary platform providing preprint service that is dedicated to making early versions of research outputs permanently available and citable. Preprints posted at Preprints.org appear in Web of Science, Crossref, Google Scholar, Scilit, Europe PMC.

Copyright: This open access article is published under a Creative Commons CC BY 4.0 license, which permit the free download, distribution, and reuse, provided that the author and preprint are cited in any reuse.

Disclaimer/Publisher's Note: The statements, opinions, and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of MDPI and/or the editor(s). MDPI and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions, or products referred to in the content.

*Review*

# Exploring the Need for the Prevention of Burnout and Maintaining Wellbeing by Working parents: A narrative literature review

Ntombophelo Sithole-Tetani

Psychology/Faculty of Law, Humanities and Social Sciences, Walter Sisulu University, Mthatha, South Africa; nsithole@wsu.ac.za; Tel: 0647507967

## Abstract

Parental burnout is a significant and increasingly recognized phenomenon that encompasses emotional, cognitive, and physical exhaustion. This condition arises from the overwhelming demands of parenting, which can leave individuals feeling drained and unable to effectively engage with their children. Parents experiencing burnout often describe a sense of being constantly overwhelmed by daily responsibilities, leading to a pervasive feeling of fatigue that affects their overall well-being. In addition to sheer exhaustion, parental burnout is marked by a diminished capacity to connect with one's children, resulting in a lack of "quality time" spent together. The researchers drew their literature from reputable journal articles, book chapters from established publishers, and informal community conversations amid the researchers' experiential intuition. Results show that supporting parent wellbeing is vital to healthy workforces and home life. It is crucial for working parents to proactively invest in their well-being in a way that works for them and their children. While parents grapple with managing three demanding jobs simultaneously (work, parenthood, and, in many cases, assisting children with homework and enforcing chores), there has been an increase in interest in both individual and organizational well-being.

**Keywords:** parents; burnout; well-being; support; work; home

---

## 1. Introduction

Parental Burnout (PB) is a recent concept related to burnout, defined as the loss of motivation, particularly in parenting roles, due to emotional and Psychological exhaustion (Ren, Cai, Wang, & Chen, 2024). Parental burnout often stems from challenging and negative experiences in parenting, and it has larger implications that extend beyond the individual family. This emotional exhaustion not only affects parents but can also ripple through society, highlighting the need for awareness and support in our communities. It can negatively impact parent-child interactions, leading to issues such as verbal or physical abuse and neglect. While systemic factors like domestic violence, poverty, and substance abuse are known contributors, emotional aspects of Parental Burnout are less studied (Ren, Cai, Wang, & Chen, 2024). Chronic parental stress can give rise to difficult behaviors, manifesting as disengaged caregiving and strained relationships. These challenges can significantly impede the ability to forge meaningful connections with children, ultimately affecting their emotional well-being. The negative effects of PB are often more intense for previously dedicated parents, as they may experience a sharper decline in their parenting satisfaction compared to less engaged parents (Dawes et al., 2021).

Parental burnout is characterized by emotional, cognitive, and physical exhaustion, leading to a decline in the ability to care for one's children. Parents report feeling drained by constant demands, with a lack of "quality time" spent with their kids, feeling disengaged and overwhelmed. This can result in self-criticism, frustration, and even a sense of abandonment, believing that their children are

better off without them (Roskam et al., 2022). In recent years, the focus on parental burnout has grown, as many parents face increasing challenges in family life. This syndrome involves chronic exhaustion, emotional distancing, and a reduced sense of accomplishment in parenting. Effective interventions require a solid understanding of the risk factors and specific needs of parents experiencing burnout (Swit & Breen, 2023). Parenting is an incredible journey filled with joy and fulfillment, but it's important to recognize the challenges that can come with it. Many parents find themselves grappling with mental health struggles as they navigate the demands of raising children. Unlike previous studies focused on experiences of depression or anxiety, parental burnout refers to a state of feeling overwhelmed and unable to derive joy from parenting (Skjerdingsstad et al., 2022). To enhance well-being and prevent burnout, identify your core priorities, such as family and relaxation, and allocate time for them in your weekly schedule. Regularly reassess these priorities, recognizing that they can shift based on circumstances. It's crucial to eliminate distractions and establish boundaries to avoid overwhelming commitments (Ren et al., 2024).

Burnout parents tell how their behavior toward their children degenerates (bullying, yelling, threatening, crying, sullenly neglecting them). Parental burnout exacerbates existing family tensions but also initiates new quarrels. This concern is aggravated when children are part of a blended family. Nangia (2023). Supporting parent wellbeing is vital to healthy workforces and home life. Navigating the daily hustle is no easy feat for parents, as they juggle the demands of their jobs and the responsibilities waiting for them at home. The challenge of striking that perfect balance can be both rewarding and overwhelming. Burnout in working parents can be described as a syndrome that comprises three dimensions: feelings of exhaustion because of parenting, emotional distancing from one's children, and decreased parenting self-efficacy. For some working parents, parental burnout may be exacerbated during times of crisis. Working parents often experience competing demands, both in the workplace and as parents. Such demands may be perceived as stressful and may lead parents to feel out of control and helpless, ultimately resulting in burnout and poor mental health. The aim of this paper is to explore the need for the prevention of burnout and maintaining well-being by working parents.

## 2. Materials and Methods

This paper employs a discourse-based approach and utilizes a scoping literature review to explore preventative strategies for burnout and ways to maintain well-being within the South African context. The researchers conducted a narrative literature review to identify and analyse existing literature on the subject. A narrative literature review integrates research findings on a specific issue, providing an overview of significant discoveries and their interconnections. Data were collected through desktop research using search engines such as Google Scholar, EBSCOhost, YouTube, LibGuides, and ResearchGate. The researchers also relied on secondary data sources, which included a diverse array of materials such as empirical monographs, books, theses, and journal articles. Finally, the author utilized Grammarly to correct and align any grammatical errors.

## 3. Results and discussion

### *Signs and Symptoms and symptoms of Burnout in Working Parents*

Burnout in working parents presents profound exhaustion, both physically and emotionally, coupled with a sense of detachment from parenting duties. Symptoms may also include irritability, frustration, and a diminished sense of joy in parenting. Common signs of burnout further encompass neglecting self-care, heightened anxiety and depression, and a pervasive feeling of helplessness (Gawlik, Melnyk, & Tan, 2025).

A four-factor model of parental burnout has been outlined, which also serves as a sign of burnout. emotional exhaustion in the parenting role (emotional exhaustion), negative feelings towards one's parenting role (devaluation), feelings of being overwhelmed by the demands of

parenting (overload), and an inability to meet the expectations of being a good parent (failure) (Vieites Leston, Iglesias, Díaz Freire, Díaz Pita, & Rodríguez Llorente, 2024). Such high levels of exhaustion and overload were reported amongst working parents with children, predisposing primary caregivers to parental burnout. Caring for children with disabilities is often linked to increased parental burnout as well. (Rhys Evans et al., 2022) combined these four factors of parental burnout to produce a model, unique to parents, describing how these feelings may develop, and outlined distinct variables that propagate them. Contextual risk factors broadly fall into five categories: parental mental health, work-family conflict, couple dynamics, family characteristics, and child characteristics (Guo et al., 2024).

Contextual protective factors included perceived family cohesion, adaptability, support, intimate couple communication, and implementing home-based boundary management behaviors. Research indicates that low levels of maladaptive perfectionism, combined with the implementation of emotion-focused coping strategies and a mindset of acceptance, can significantly alleviate parental burnout. This suggests that when parents embrace a more balanced approach, letting go of unrealistic standards and accepting their circumstances, they are more likely to experience reduced stress and emotional exhaustion in their parenting roles. Applying risk and protective factors informed this unparalleled research, gauging recommendations to enhance parental wellbeing (Lebert-Charron et al., 2018). Burnout is the term used to describe a phenomenon involving chronic work-related stress, encompassing emotional exhaustion, depersonalization, and reduced personal accomplishment, initially postulated by Freudenberger in the 1970s, focusing on health and social care settings. Hence, parenting burnout theory presents areas unique to the parental context, exploring how contextual and psychological factors relate to parental burnout, and what can be done to minimize this risk and promote wellbeing (Kalkan, Blanchard, Mikolajczak, Roskam, & Heeren, 2023).

#### Origins of Burnout in Working Parents

Burnout among working parents frequently stems from a complex interplay of factors. The overwhelming demands of juggling professional responsibilities and the myriad tasks of parenting can feel relentless. Many parents find themselves navigating tight schedules filled with work obligations, school activities, and household duties, often leaving little time for self-care or relaxation. In addition, a lack of support, whether from partners, extended family, or workplace policies, can exacerbate feelings of isolation and stress. Financial pressures also play a crucial role, with concerns about job security, expenses for childcare, and the rising cost of living adding to the stress. Together, these challenges create a perfect storm that can lead to significant feelings of exhaustion and burnout (Oyniso, 2025).

Working parents contribute to society and value their work while, at the same time, they want to be competent parents. However, these two sets of expectations are often opposed, leading to distress and dissatisfaction. Moreover, balancing work and family can be a significant source of stress that manifests as parental burnout. As a result, there is a growing need to promote positive mental and physical health among working parents (Kambouri, Wilson, Pieridou, Quinn, & Liu, 2022).

Moreover, work-related stress can negatively impact relationships with children. Parents may become neglectful or exhibit aggressive behavior in their parenting. While there are values that discourage being uninvolved or harsh with children, the pressures of overwhelming demands can render these values difficult to uphold. This struggle can lead to feelings of guilt and shame when parents feel they are falling short of expectations (Chung, Lanier & Wong, 2022).

#### *The Importance of the Wellbeing of Working Parents*

As a working parent, you're probably busy with work and family responsibilities. Balancing different commitments can be challenging, and sometimes you might experience burnout or chronic stress (Kelling, Bartsch, Walther, Lucas, & Santiago-Vázquez, 2024). Burnout is a continuous cycle of emotional exhaustion, depersonalization towards one's work, and reduced work achievement. Regardless of whether you're a working parent or not, it can result in physical, emotional, and psychological symptoms (Gawlik et al., 2025). This may include a lack of interest in hobbies,

frustration with minor issues, lack of focus and concentration, persistent tiredness, or physical ailments like headaches, light-headedness, or stomach problems. As a working parent, you might devote your time to your job, family, and day-to-day activities, neglecting your health and well-being. Physical and mental well-being tend to take a backseat when you are busy and exhausted, but the foundation of everything you do actually relies on your well-being. Therefore, to effectively balance your work and personal life, it is vital to prioritize your well-being (Findling et al., 2023).

#### Individual Wellbeing:

Working parents often face significant stress as they try to balance their work and family responsibilities. This stress can lead to burnout, adversely affecting both their physical and mental health. Providing support for their well-being through flexible work arrangements, sufficient parental leave, and affordable childcare can help reduce this stress and enhance their overall quality of life (Findling et al., 2023).

#### Family Wellbeing:

When working parents receive proper support, it has a positive effect on their families. Reduced stress leads to more positive interactions with their children, creating a better family environment and strengthening family bonds. This support also contributes to healthier child development, as parents are more likely to be present and engaged in their children's lives (Maguire-Jack, Johnson-Motoyama & Parmenter, 2022).

#### Organizational Wellbeing:

Supporting working parents is beneficial for the entire organization if the parent is working. When employees feel supported, this boosts their morale and motivation, resulting in increased productivity and a more positive work environment, which, by extension, boosts their family and individual well-being (Maguire-Jack, Johnson-Motoyama & Parmenter, 2022).

#### Work Policies:

Companies that adopt family-friendly policies such as flexible work hours, remote work options, and childcare support are more likely to attract and retain talented working parents. These policies promote a culture of empathy, inclusion, and collaboration, leading to a more positive and supportive work environment (Maguire-Jack, Johnson-Motoyama & Parmenter, 2022).

Furthermore, personal, self-dedicated well-being may not require a couple of hours of high-energy workouts each day (Kalkan et al., 2023). Small moments dedicated to physical, emotional, spiritual, or social well-being can be extremely powerful. Simple changes that can take two minutes or less can make a big difference, such as stretching while watching a show instead of scrolling through the news. It might be hard to add in practices at first if they do not seem realistic, but that is okay. Intention can matter just as much as action, and thinking about a small practice that would be ideal in one's day may still have a positive effect (Wang et al., 2022).

### *Physical Wellbeing*

Physical well-being is important for parents to have in order to address the demands of their family situation and maintain a functioning work-life balance. Some parents recognised that starting with small, manageable changes to their routine might facilitate a positive step toward greater personal wellbeing (Paula et al., 2021). Physical activity was also suggested, ranging from a regular jog to a walk or bike ride, and, as it was put, "whatever you can fit in." it is perceived as enabling many positive benefits, including getting out of the house and fresh air, time to think and calm an anxious mind, plus an opportunity for a break. On a similar line of encouragement to be active, it is acknowledged that exercise and the subsequent release of endorphins would help to cope better with stress (Chen et al., 2022).

Other suggestions happily highlighted the important roles that sleep and food play in personal wellbeing and coping with the stresses of working and parenting. A number of strategies to improve sleep are: being more deliberate about timing, using a sleep routine, and avoiding the temptation to lie awake in bed for worry (Dawes et al., 2021). Eating a nutritious breakfast and allowing extra time in the morning for healthy meals for all family members were suggestions and steps towards a more

organized and healthful day. Recognition was given to the value of better food choices, although the demands of parenting meant that this sometimes got sidelined or fell out of the routine.

Parents generally recognize that there are simple, everyday opportunities for small steps toward improved physical health. Many noted how important activities like dancing, going to the gym, or taking swimming lessons had been for them before they became parents. To make significant changes or enhance physical health, it may be necessary to explore new ideas or address current circumstances (Rhys Evans et al., 2022).

### *Mental Wellbeing*

The need for effective support for mental wellbeing and resilience is paramount. Burnout, fatigue, distress, anxiety, and depression are frequent among mental health workers across their development (Dunn et al., 2022). Research suggests other factors of burnout are in part role-oriented. Psychological distress is also associated with poor well-being at home, suggesting a need for increased support for workers within their parental role. An informal workplace intervention would collaborate with practitioners to address parenting challenges. This program would include modules on the work-home interface, the neurobiology of stress and its transmission, and specific skills such as behavior management, effective communication, and strategies for promoting family wellbeing. These interventions are expected to show a reduction in parenting challenges, decreased feelings of fatigue and distress, and trends towards increased time spent at home and work wellbeing, as well as reduced interference between work and home life. Parents to be offered brief, flexible, and tailored sessions that will make them feel more equipped to manage parenting challenges and the home-to-work threat (Wilk, 2024).

### *Emotional Wellbeing*

As a parent of young children, returning to work, parents can give a talk about what has affected their emotional wellbeing in this transition and small changes that can be made in the workplace that could help many parents with young children (Dunn et al., 2022). Emotional well-being is influenced by a myriad of factors that can shape our experiences for better or worse. These elements play a significant role in how we feel, think, and interact with the world around us. Understanding the forces that impact our emotions can help us navigate life's ups and downs more effectively. Moreover, workplace support will help parents manage burnout more effectively.

Although there are many positive factors, there have also been large challenges. Many of these challenges have arisen from wider societal expectations of parents of young children, which exist in a society that does not support parents (Dawes et al., 2021). Expectations may be perceived or real, and many have arisen from the modern workplace and workplace cultures. Other barriers are more personal, narrow lenses on life, and a focus on what I perceive to be negatives (Ren et al., 2024).

### *Strategies to Prevent Burnout*

It is crucial for working parents to proactively invest in their well-being in a way that works for them. While parents grapple with managing three demanding jobs simultaneously (work, parenthood, and, in many cases, assisting children with homework and enforcing chores), there has been an increase in interest in both individual and organizational well-being. A wealth of research highlights the importance of individual well-being investments at work and in other life domains for overall psychological health and performance (Robert, Mikolajczak, & Gaspar, 2024). Nevertheless, despite working parents being in much higher demand and considerably more stressed and tired, the situation is eerily quiet on wellbeing investments for this specific group.

Working parents experience a unique and different dynamic of competing demands due to their simultaneous engagement in full-time paid employment and the provision of unpaid family care (Radu & Provo, 2025). Such competing demands may, in turn, give rise to roles of tension and strain or work/family conflict for working parents. Whether this increased caregiving responsibility leads

to increased work/family conflict remains an open question. It is not surprising that the significant disruption caused by the COVID-19 pandemic has highlighted the need to protect the well-being of working parents.

Organizational support for employee well-being can take various forms. For example, it may include leisure benefits that directly or indirectly help working parents achieve a better work-life balance. It's important that these well-being initiatives are practical in terms of time and resources for working parents (Ko, 2024).

Such initiatives could involve short "mindful breaks" during the workday, offering opportunities for relaxation or mindfulness that fit into the unpredictable schedules of working parents. Additionally, well-being investments may consist of social support programs that allow parents to connect with one another in a group setting. However, a significant challenge remains: balancing free time for both individual and organizational investments in well-being (Ko, 2024).

#### 4. Conclusions

Supporting parent wellbeing is vital to healthy workforces and home life. Parents experience the challenges of needing to balance multiple demands at work and at home. Employers can implement a range of thoughtful strategies aimed at enhancing parents' well-being and mitigating the effects of burnout. By fostering a supportive workplace environment, they can introduce flexible work schedules, provide access to mental health resources, and promote a culture that values work-life balance. Offering parental leave policies and creating opportunities for open dialogue about challenges can further empower parents, allowing them to navigate both their professional and personal responsibilities with greater ease. These concerted efforts not only contribute to the well-being of parents but also cultivate a more productive and engaged workforce. Knowing that burnout can develop from long-standing stressors, employers can equip managers with training in awareness of the signs of burnout and burnout prevention skills. Employers and technology companies can work together to ensure that the tools used to distribute work make it easier to find time for family and preserve attention for children.

The care responsibilities expected of parents can be particularly concerning for mothers and the unemployed. They regret not being able to parent as they wish. They gradually accept their limits as exhausted parents, in contrast with idealized images of parenthood. It is important to act by not reducing parental burnout to an individual or family problem but by also considering it as a social fact that deserves attention at various levels (Dawes et al., 2021).

#### Abbreviations

The following abbreviations are used in this manuscript:

PB Parental Burnout

#### References

1. Chen, M., Bai, Y., Fu, M., Huang, N., Ahmed, F., Shahid, M., ... & Guo, J. (2022). The associations between parental burnout and mental health symptoms among Chinese parents with young children during the COVID-19 pandemic. *Frontiers in Psychiatry*, 13, 819199. [frontiersin.org](https://www.frontiersin.org)
2. Chung, G., Lanier, P., & Wong, P. Y. J. (2022). Mediating effects of parental stress on harsh parenting and parent-child relationship during the coronavirus (COVID-19) pandemic in Singapore. *Journal of Family Violence*, 37(5), 801-812.
3. Dawes, J., May, T., McKinlay, A., Fancourt, D., & Burton, A. (2021). Impact of the COVID-19 pandemic on the mental health and wellbeing of parents with young children: a qualitative interview study. [ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)
4. Dunn, A., Dixon, C., Thomson, A., & Cartwright-Hatton, S. (2022). Workplace Support for Mental Health Workers Who Are Parents: A Feasibility Study. [ncbi.nlm.nih.gov](https://pubmed.ncbi.nlm.nih.gov)

5. Gawlik, K. S., Melnyk, B. M., & Tan, A. (2025). Burnout and mental health in working parents: Risk factors and practice implications. *Journal of Pediatric Health Care*. sciencedirect.com
6. Griffith, A. K. (2022). Parental burnout and child maltreatment during the COVID-19 pandemic. *Journal of family violence*. springer.com
7. Guo, X., Hao, C., Wang, W., & Li, Y. (2024). Parental burnout, negative parenting style, and adolescents' Development. *Behavioral Sciences*. mdpi.com
8. Kalkan, R. B., Blanchard, M. A., Mikolajczak, M., Roskam, I., & Heeren, A. (2023). Emotional exhaustion and feeling fed up as the driving forces of parental burnout and its consequences on children: Insights from a network approach. *Current Psychology*, 42(26), 22278-22289. kuleuven.
9. Kambouri, M., Wilson, T., Pieridou, M., Quinn, S. F., & Liu, J. (2022). Making partnerships work: Proposing a model to support parent-practitioner partnerships in the early years. *Early Childhood Education Journal*, 1-23.
10. Kelling, A. S., Bartsch, R. A., Walther, C. A., Lucas, A., & Santiago-Vázquez, L. Z. (2024). Work-life balance of academic parents: expectations and experiences of mothers and fathers. *Journal of Applied Research in Higher Education*, 16(5), 1614-1626.
11. Ko, M. C. (2024). The Structural relationship of family-friendly policies, work-life balance, and employee' subjective wellbeing: Focusing on the categorization of family-friendly policies based on the Job Demands-Resources (JD-R) Model. *Review of Public Personnel Administration*, 44(2), 377-409.
12. Lebert-Charron, A., Dorard, G., Boujut, E., & Wendland, J. (2018). Maternal Burnout Syndrome: Contextual and Psychological Associated Factors. ncbi.nlm.nih.gov
13. Lin, G. X., & Szczygieł, D. (2022). Basic personal values and parental burnout: A brief report. *Affective science*, 3(2), 498-504.
14. Maguire-Jack, K., Johnson-Motoyama, M., & Parmenter, S. (2022). A scoping review of economic supports for working parents: The relationship of TANF, child care subsidy, SNAP, and EITC to child maltreatment. *Aggression and violent behavior*, 65, 101639.
15. Mikolajczak, M., Raes, M. E., Avalosse, H., & Roskam, I. (2018). Exhausted parents: Sociodemographic, child-related, parent-related, parenting and family-functioning correlates of parental burnout. *Journal of Child and Family Studies*, 27, 602-614.
16. Nangia, V. (2023). Crisis of Parental Conflict: Impact on Children and Families. *Horyzonty Wychowania*, 22(64), 71-82.
17. Oyniso, Z. (2025). A systematic literature review on the stress experienced by working mothers. *Yangi O'zbekiston taraqqiyotida tadqiqotlarni o'rni va rivojlanish omillari*, 17(1), 188-193.
18. Paula, A. J. D., Condeles, P. C., Moreno, A. L., Ferreira, M. B. G., Fonseca, L. M. M., & Ruiz, M. T. (2021). Parental burnout: a scoping review. *Revista Brasileira de Enfermagem*, 75, e20210203. scielo.br
19. Radu, M. B., & Provo, S. M. (2025). Caught Between Career and Caregiving: Unpacking the Sociological Dynamics of Toxic Workplaces for Working Parents. In *Practices, Challenges, and Deterrents in Workplace Wellbeing: Strategies for Building Resilient and Thriving Workplaces* (pp. 183-210). IGI Global Scientific Publishing.
20. Ren, X., Cai, Y., Wang, J., & Chen, O. (2024). A systematic review of parental burnout and related factors among parents. *BMC Public Health*. springer.com, 24(1), 376.
21. Roskam, I., Philippot, P., Gallée, L., Verhofstadt, L., Soenens, B., Goodman, A., & Mikolajczak, M. (2022). I am not the parent I should be: Cross-sectional and prospective associations between parental self-discrepancies and parental burnout. *Self and Identity*, 21(4), 430-455. researchgate.net
22. Robert, L. C., Mikolajczak, M., & Gaspar, M. F. (2024). Measuring change in parental burnout: validation of the Parental Burnout Change Assessment (PBCA).
23. Roskam, I., Raes, M. E., & Mikolajczak, M. (2017). Exhausted Parents: Development and Preliminary Validation of the Parental Burnout Inventory. ncbi.nlm.nih.gov
24. Rhys Evans, T., Roskam, I., Stinglhamber, F., & Mikolajczak, M. (2022). Burnout across boundaries: Can parental burnout directly or indirectly influence work outcomes?. ncbi.nlm.nih.gov
25. Swit, C. S. & Breen, R. (2023). Parenting during a pandemic: Predictors of parental burnout. *Journal of Family Issues*. sagepub.com

26. Skjerdingsstad, N., Johnson, M. S., Johnson, S. U., Hoffart, A., & Ebrahimi, O. V. (2022). Parental burnout during the COVID-19 pandemic. *Family process*, 61(4), 1715-1729. wiley.com
27. Sherr, L., Macedo, A., Cluver, L. D., Meinck, F., Skeen, S., Hensels, I. S., ... & Tomlinson, M. (2017). Parenting, the other oldest profession in the world—a cross-sectional study of parenting and child outcomes in South Africa and Malawi. *Health psychology and behavioral medicine*, 5(1), 145-165.
28. Vieites Leston, T., Iglesias, A., Díaz Freire, F. M., Díaz Pita, L., & Rodríguez Llorente, C. (2024). Motivación, enfoques de trabajo en los deberes escolares y rendimiento académico en estudiantes de educación secundaria obligatoria.
29. Wang, W., Wang, S., Chen, S., & Li, Y. (2022). Parental burnout and job burnout in working couples: An actor–partner interdependence model. *Journal of Family Psychology*. researchgate.net
30. Wilk, M. (2024). Burnout in Rural Oregon: Exploring the Perspectives and Experiences of Teachers in the Wake of the COVID-19 Pandemic (Doctoral dissertation, University of Oregon).

**Disclaimer/Publisher’s Note:** The statements, opinions and data contained in all publications are solely those of the individual author(s) and contributor(s) and not of MDPI and/or the editor(s). MDPI and/or the editor(s) disclaim responsibility for any injury to people or property resulting from any ideas, methods, instructions or products referred to in the content.