

MOBILE DEVICE USE BY YOUNG CHILDREN: A PILOT STUDY OF ITS RELATIONSHIP WITH PARENTAL BURNOUT, PARENTAL MEDIATION STRATEGIES, MINDFULNESS, AND CHILDREN'S SELF-REGULATION

Penggunaan Peranti Mudah Alih oleh Kanak-Kanak Kecil: Kajian Rintis Hubungan antara Lesu Upaya Ibu Bapa, Strategi Pengantaraan Ibu Bapa, Ketara Sedar, dan Pengaturan Kendiri Kanak-Kanak

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ABSTRAK

Sebuah pilot study dilakukan untuk menginvestigasi hubungan antara parental burnout, parental mediation strategies, mindfulness, dan self-regulation pada anak-anak di antara orang tua kebangsaan Malaysia yang bekerja ganda. Partisipan sebanyak 44 orang tua (N=44) yang terdiri dari 12 laki-laki (M=12) dan 32 perempuan (F=32), dengan rentang usia 24 sampai 44 tahun. Empat skala digunakan untuk mengukur variabel yaitu skala the Brief Parental Burnout scale (BPs), Parental mediation strategy scale, Cognitive and Affective Mindfulness Scale-Revised (CAMS-R), dan effortful sub-scale dari Very Short Form of the Children's Behavior Questionnaire (CBQ-VSF). Korelasi Pearson digunakan untuk menganalisis data dalam penelitian ini. Ditemukan bahwa ada 1) korelasi negatif dan signifikan antara parental burnout dan mindfulness ($r = -.341$; $p = .024$); 2) active mediation berkorelasi positif dan signifikan dengan co-use ($r = .490$; $p = .001$), general restrictive mediation ($r = .715$; $p = .000$), content-specific restrictive mediation ($r = .678$; $p = .000$), dan supervision ($r = .579$; $p = .000$); 3) korelasi positif yang signifikan secara statistik ditemukan antara co-use dan general restrictive mediation ($r = .480$; $p = .001$), content-specific restrictive mediation ($r = 0,441$; $p = .003$), dan supervision ($r = .644$; $p = .000$); 4) general restrictive mediation ditemukan berkorelasi secara signifikan dengan content-specific restrictive mediation ($r = 0,702$; $p = .000$) dan supervision ($r = .559$; $p = .000$); 5) dan terakhir, content-specific restrictive mediation secara signifikan berkorelasi dengan supervision ($r = .515$; $p = .001$). Secara keseluruhan, penelitian ini menunjukkan bahwa semakin tinggi level mindfulness, maka semakin rendah level parental burnout yang orang tua miliki. Orang tua cenderung menggunakan beberapa strategi mediasi dalam penggunaan perangkat seluler anak-anak mereka. Temuan pada penelitian ini juga menunjukkan bahwa mindfulness dapat menjadi ukuran psikologis yang efisien sebagai upaya pencegahan dan intervensi untuk membatasi parental burnout. Beberapa limitasi, implikasi, dan saran dibahas dalam penelitian ini untuk studi kedepannya.

Kata kunci: Kelelahan; perhatian; penggunaan perangkat seluler; strategi mediasi orang tua; regulasi diri

ABSTRACT

A pilot study was conducted to investigate the relationship between parental burnout, parental mediation strategies, mindfulness, and children's self-regulation among Malaysia dual-working parents. A total of 44 parents (N= 44) consisting of 12 male (M = 12) and 32 female (F = 32), ranging from 24 to 44 years old participated in this study. Four scales were used to measure the variables namely the Brief Parental Burnout scale (BPBs), Parental mediation strategy scale, Cognitive and Affective Mindfulness Scale-Revised (CAMS-R), and the effortful sub-scale of the Very Short Form of the Children's Behavior Questionnaire (CBQ-VSF). Pearson correlation was used to analyse the data in this study. It was found that there was 1) a negative, significant correlation between parental burnout and mindfulness ($r = -.341$; $p = .024$); 2) active mediation was positively and significantly correlated with co-use ($r = .490$; $p = .001$), general restrictive mediation ($r = .715$; $p = .000$), content-specific restrictive mediation ($r = .678$; $p = .000$), and supervision ($r = .579$; $p = .000$); 3) a statistically significant positive correlations were found between co-use and general restrictive mediation ($r = .480$; $p = .001$), content-specific restrictive mediation ($r = .441$; $p = .003$), and supervision ($r = .644$; $p = .000$); 4) general restrictive mediation was found to be significantly correlated with content-specific restrictive mediation ($r = .702$; $p = .000$) and supervision ($r = .559$; $p = .000$); 5) and finally, content-specific restrictive mediation was significantly correlated with supervision ($r = .515$; $p = .001$). Overall, this indicated that the more mindfulness, the less parental burnout among parents. This also indicated that parents are likely to use multiple mediation strategies in their children's mobile device use. The findings indicated that mindfulness can be an efficient psychological measure as part of some prevention and intervention efforts to curb parental burnout. Some limitations, implications, and suggestions were discussed in the paper for future study.

Keywords: *Burnout; mindfulness; mobile device use; parental mediation strategies; self-regulation*

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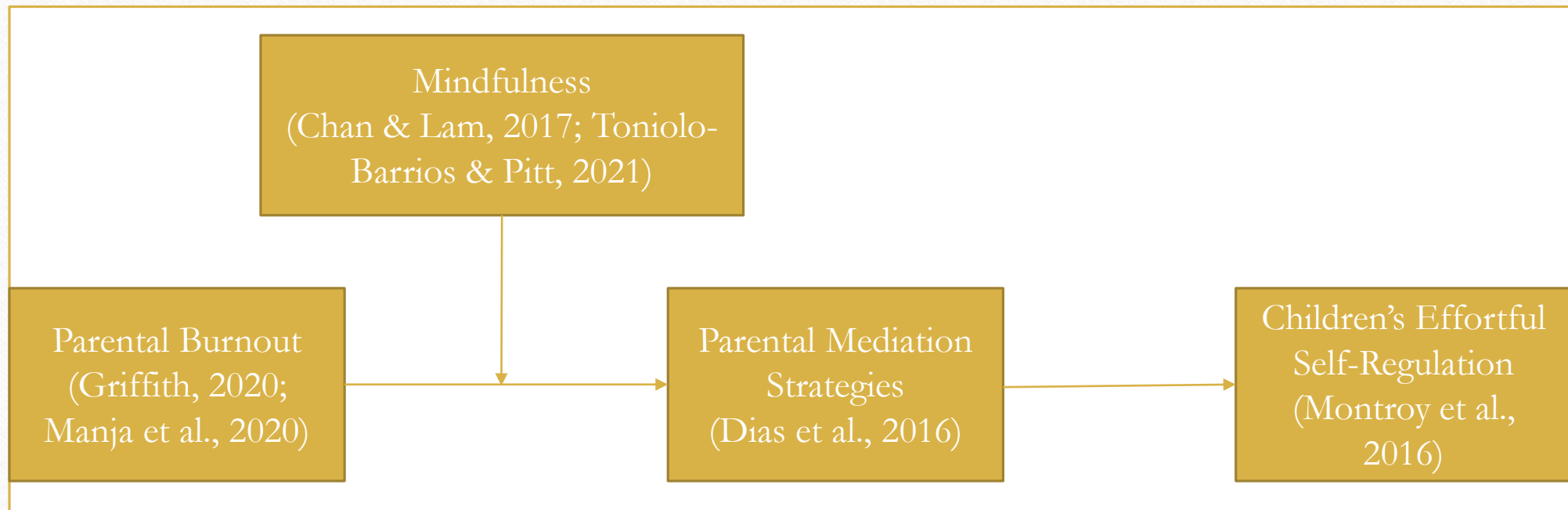
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Introduction

Bronfenbrenner Ecological Theory of Child Development (Bronfenbrenner, 1979)



Method

Measures

- Brief Parental Burnout scale (BPBs: Aunola et al., 2020; 2021)
- Parental Mediation Strategy scale (Nikken & Jansz, 2014)
- Cognitive and Affective Mindfulness Scale-Revised (CAMS-R: Feldman et al., 2007)
- Effortful sub-scale of the Very Short Form of the Children's Behavior Questionnaire (CBQ-VSF) by Putnam and Rothbart (2006)

Procedures

- Permission to use the scales
- IIUM Research Ethics Committee (Ref: IIUM/504/14/11/2/ IREC 2021-216)
- Questionnaire link together with an informed consent form were distributed

Data Analysis

- Data collected were analyzed using IBM SPSS software
- Initial data screenings
- No missing data
- Cronbach's alpha
- Descriptive and correlational analysis were conducted

Results

Variable	<i>M</i>	<i>SD</i>	<i>α</i>	Skewness		Kurtosis	
				Statistic	SE	Statistic	SE
Parental burnout	3.2	2.4	.74	.41	.36	.13	.70
Parental mediation strategies							
Active mediation	3.3	1.3	.93	-.39	.36	-.77	.71
Co-use	.61	1.1	.81	-.50	.36	-.33	.70
General restrictive mediation	3.8	1.2	.87	1.24	.36	.83	.70
Content-specific restrictive mediation	3.1	1.44	.93	-.01	.36	-1.36	.70
Supervision	4.0	1.0	.87	-1.58	.36	2.74	.70
Mindfulness	2.9	.40	.75	.54	.36	-.25	.70
Children's effortful self-regulation	5.2	1.5	.91	-1.60	.36	3	.70

Table 2 Intercorrelations among the variables

Results

Variable	1	2	3	4	5	6	7	8
1 Parental burnout	1	-.296	-.092	-.170	-.226	-.088	-.341*	.069
2 Active mediation		1	.490**	.715**	.678**	.579**	.055	.011
3 Co-use			1	.480**	.441**	.644**	.130	.068
4 General restrictive mediation				1	.702**	.559**	.091	.138
5 Content-specific restrictive mediation					1	.515**	.274	.084
6 Supervision						1	-.032	.150
7 Mindfulness							1	-.065
8 Children's effortful self-regulation								1

*. Correlation is significant at the 0.05 level (2-tailed).

** Correlation is significant at the 0.01 level (2-tailed).

Discussion: Reliability of scale

- All scales met the reliability requirements
- Therefore, all scales are acceptable in the Malaysian context.

Discussion: Intercorrelations among the variables

Relationship of variables	Statistically significant	Direction	Explanation
PB and PMS	No	Negative	Better at coping with daily stressors (Lin et al., 2021); Malaysian cultural lifestyle (Roskam et al., 2021)
PB and M	Yes	Negative	Can mitigate the influence of parental burnout among working parents.
PB and CESR	No	Positive*	Parent's ability to cope with stressor may induce a sense of self-efficacy.
PMS and CESR	No	Positive	Young children's self-regulation can be promoted via general restrictive mediation (Meeus et al., 2019) and supervision.
M and CESR	No	Negative*	Presence of third variable (Toomela, 2008)

Note. PB is parental burnout; PMS is parental mediation strategies; M is mindfulness; CESR is children's effortful self-regulation

Discussion: Feedbacks & Limitation

- **Feedbacks were also considered:-**
 - Positive feedback: Ease of layout and structure of survey
 - Negative feedback: Language difficulties
- **Limitation:-**
 - Small sample size
 - Unique direction of relationship
 - Language barrier detected

Conclusion

- Internal consistency values
- Some changes to the scales
 - Translation of the scales
- Certain adaptations

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Assalamualaikum & Thank you

To the organizer and everyone for listening!