

The Influence of Building a Community to Help Combat Parental Burnout

Georgia Lundeen and Dr. Lauren Berger

Department of Psychological Sciences | PSY 498A Senior Capstone: Applied Projects

Introduction

- St. John Swap n Play was founded in 2009 but became a non-profit in 2013.
- Their mission is to connect families, share resources, and play.
- They provide a curated play space for members to use that focus on different developmental milestones.
- Burnout itself is most often associated with work roles rather than parents themselves. It was originally used to look at and describe the assigned value of a worker in terms of production within a company (Richardson and West 1982).
- Parental Burnout itself is not well researched but 5-20% of parents will experience burnout (Kerr, Huynh, Botto, and Kim, C. N. 2021)

Method

- Survey created through Qualtrics.
 - Perceived Stress Scale, 8 multiple choice questions, 7 Likert scale questions, and 10 short answer questions.
 - Survey was distributed via email and Swap n Play current members' page. I had 21 participants.

Project Questions

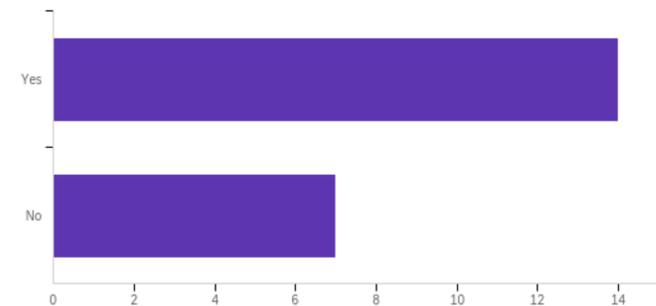
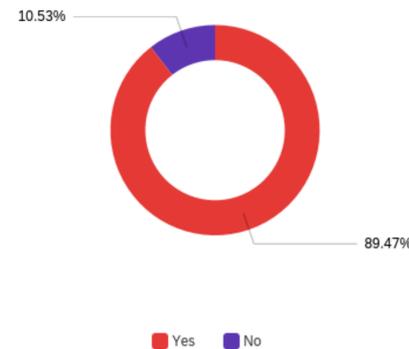
- How has the Covid 19 pandemic affected caregiver burnout?
- How has Swap n Play managed to minimize caregiver burnout?



Do you feel supported by Swap n Play?



Would you like to see parent groups again?



References

- Kerr, M. L., Fanning, K. A., Huynh, T., Botto, I., & Kim, C. N. (2021). *Parents' self-reported psychological impacts of COVID-19: Associations with parental burnout, child behavior, and income.* Journal of Pediatric Psychology, 46(10), 1162–1171. <https://doi-org.ezproxyeres.up.edu/10.1093/jpepsy/jsab089>
- Richardson, M., & West, P. (1982). *Motivational management: Coping with burnout.* Hospital & Community Psychiatry, 33(10), 837–840
- Perceived stress scale - new hampshire.* (n.d.). Retrieved April 7, 2022, from <https://www.das.nh.gov/wellness/Docs/Percieved%20Stress%20Scale.pdf>

Discussion/Conclusion

- The Covid 19 pandemic has taken away opportunities for parents to connect with other parents and create support systems.
- The average score on the Perceived Stress Scale administered through the was 15.52 which indicated a moderate level of stress. There were a range of answers from 6 to 23; which are all in the low to moderate range of stress.
- 89.47% of parents cited that the Swap n Play community was helpful for them and they felt supported by the community. The 10.53% who responded no stated that they have either just joined or joined during the pandemic and have not met families yet.
- Swap n Play held parent groups covering a wide range of topics but due to the Covid 19 pandemic they had to be put on hold. When asked if parents would like to see them again 14 out of 21 parents stated they would like to see them again. In the future it would be beneficial to administer the PSS when new members join and then after a few months to see if their score has changed or stayed consistent.