



Dyadic Coping as a Protective Factor for Marital Satisfaction and Mental Health Affected by Parental Burnout during Covid-19 Pandemic

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Background

COVID-19 pandemic challenged the marital satisfaction and mental health of married individuals, posing:

- Physical health threats,
- the work from home scenario,
- Virtual education of children,
- Household chores and childcare responsibilities,
- Financial needs.

Parenting already being a tough task, elevated with the virtual education and work from home scenario. Thus, the continuous juggling between office work, childcare and household responsibilities, exposed married to PB.

Objectives

To examine how dyadic coping helps in managing parental burnout during pandemic enhancing marital satisfaction.

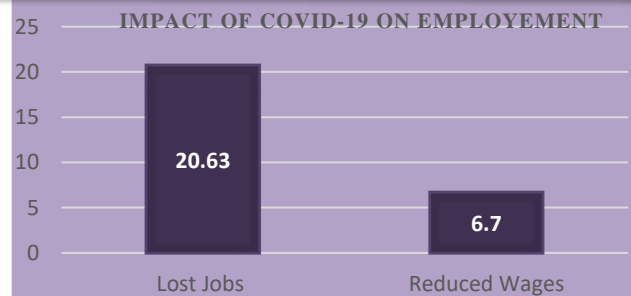
Hypothesis

- 1- Parental burnout will have neagtive association with marital satisfaction
- 2- Dyaide Coping will mediate the association between parentl burnout and marital satisfaction.

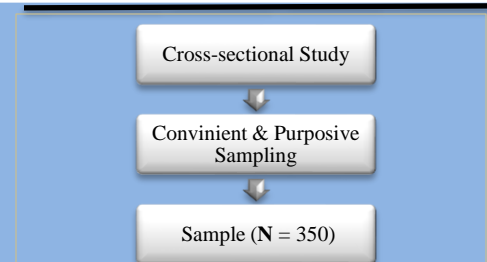
Results

Variables	1	2	3	4	5
1 Parental Burnout	-	-	-	-	-
2 Marital satisfaction	-.17**	-	-	-	-
3 Depression	.50**	-.50**	-	-	-
4 Anxiety	.53**	-.33**	.75**	-	-
5 Stress	.49**	-.36**	.76**	.68**	-
6 Dyadic Coping	-.21**	.56**	-.45**	-.34**	-.30**

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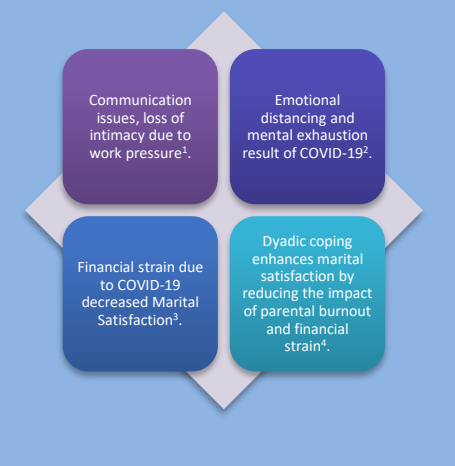
Method



Measures

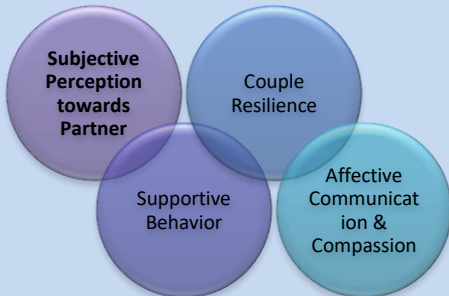
Scale	Author	Items	Sub-scale	Reliability	Score Range	Age Range
Depression Anxiety and Stress Scale (DASS-21)	(Lovibond & Lovibond, 1995),	21 items	3	depression $\alpha = .91$, anxiety $\alpha = .84$, stress $\alpha = .90$	7-49	14+
The Parental Burnout Assessment (PBA)	(Roskam, Raes, & Mikolajczak, 2018)	22 items	4	($\alpha = .86$ to .97)	7-49	18-49
ENRICH Marital Satisfaction scale (ENRICH-15)	(Olson, Fournier & Druckman, 1985)	15 items	2	($\alpha = .86$)	5-25	18-68
Financial Strain Survey	(Vinokur & Caplan, 1987)	3 items	-	($\alpha = .87$)	1-15	18-60
Dyadic Coping Inventory (DCI)	(Bodenmann, 2008)	37 items	10	($\alpha = .71$ -.92)	3-51	18+

Variables	Marital Satisfaction			
	Model 1	Model 2	LL	UL
Constant	68.05	5.52	-8.53	19.57
Parental Burnout	-.14**	-.04*	-0.12	0.03
Dyadic Coping		.45**	0.38	0.52
R ²	0.03	0.32		
F	3.47**	40.57**		



Implication and Limitation

Framework for devising interventions and measuring tools of parental burnout. Provide literature support to current pandemic studies. Awareness sessions for parents. The current study didn't use a longitudinal study design.



Effective Dyadic Coping