

Abstract

Parental burnout is a new psychological concept. The theoretical part of the thesis describes an overview of research on parental burnout, including its prevalence, symptoms, mechanisms and factors of development, distinction of related concepts, consequences, and diagnostic options. The aim of the study carried out as a part of this thesis was validation of the Czech version of the Parental Burnout Assessment (PBACZ). The research sample consisted of 285 parents. The confirmatory factor analysis indicated poor fit of the theoretical four factor structure of original questionnaire (exhaustion, contrast, feelings of being fed up, emotional distancing) to the data. The reliability of PBACZ was excellent ($\alpha = .97$). The PBACZ did not correlate with job burnout however it showed strong correlation with stress, anxiety, depression, and it predicted the level of the parental rejection. We can assume that the overall PBACZ scale gives a valid information about the level of parental burnout. Nevertheless, it cannot be evaluated on the level of the single subscales. The detected prevalence of parental burnout in Czech parents' sample was 12,6 %. Mothers, parents on maternity or paternity leave, mothers who perceive that they are taking more care for the child compared to their partners and parents who spend more time with the child showed higher burnout levels. Having a child under the age of 5, unplanned or unwanted conception or child labeled as demanding also poses a risk of burnout in parents.

Keywords

Parental Burnout; Parental Burnout Assessment; Validation Study