

# Optimization of Religious Coping to Overcome Parental Burnout in Assisting Children to Learn from Home due to the Covid-19 Pandemic

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## Abstract

*In this pandemic era, parents are faced with the demands of tasks or work accompanying children in learning in addition to other tasks, but on the other hand, parents' abilities are limited. All of this circumstances caused burnout syndrome, which occurred in emotional, mental and physical fatigue, cynical and decreased achievement of parents in the task of being an educator and mentoring for children. This study aims to formulate an effective form of religious coping to overcome parental burnout. Religious coping means an individual's attempt to use his or her religious beliefs to prevent or alleviate the psychological impact of the pressures faced. The method used in this study is qualitative descriptive. Some informants admitted that it was difficult when it came to dual functioning, as parents and teachers at home. From the result of the research, it can be concluded that coping strategies, consists of belief in God's omnipotence, praying and believing and committing to God's promise in His Word are very effective at preventing and inhibiting the development of burnout syndrome.*

## Keywords

religious coping;  
parental burnout;  
children; pandemic



## I. Introduction

Corona Virus Disease 19 (hereinafter referred to as Covid-19) which originated in the Wuhan city and then spread almost all over the world including Indonesia, is very felt its influence in various sectors such as economy, social and education. Covid-19 not only affects the country's economy but the family economy: The results of a survey conducted by LIPI, explained that more than 50% of 1548 respondents in 32 provinces experienced financial / economic difficulties due to Covid-19 due to declining income, (LIPI, 23/08/20). Similarly, social interactions experience restrictions such as maintaining distance, prohibited from gathering with many people, to break the chain of the spread of Covid-19.

In the field of education also experienced changes, through the regulation of the Minister of Education and Culture instructed that the implementation of learning is carried out online or loot far away. Teachers should teach from home, as well as children are required to learn from home as well. Thus the responsibility of parents increases, more than usual during this time. Before the emergence of Covid-19, parents' focus was more emphasized on meeting the child's physical needs, caring, guiding and practicing various common skills, while responsibility in terms of children's education was more entrusted to teachers in schools. The Covid-19 pandemic has made families central because government policies require learning from home. The online learning process in the midst

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of the Covid-19 pandemic, all parties are asked to be able to provide learning facilities so that the purpose of learning is achieved even without face-to-face.

The demands on parents to be able to guide children to learn from home and be able to play a role like the role of teachers in schools give birth to various psychosomatic disorders, namely physical disorders caused by psychological disorders such as anxiety, stress that affects the mind (Wardani & Ayriza, 2021). This happens because of some of the shortcomings experienced by parents such as:

1. Lack of material understanding of parents.
2. Difficulty cultivating a child's interest in learning.
3. Difficulty in operating gadgets.
4. Parents' impatience in accompanying children to learn
5. Constraints associated with the range of internet services.

Based on the explanation above, on the one hand parents are faced with the demands of tasks or work accompanying children in learning in addition to other tasks, but on the other hand, parents' abilities are limited. It is said that the demands of work are not only associated with quantitative work which includes the type of work and the amount of time used but also concerns qualitative demands such as yearning, skills and the ability to perform the task of the job. If qualitative demands do not compensate for quantitative demands, psychological problems will arise. Karasek said that if the psychological problem is not overcome, it will increase to burnout (Karasek et al., 1998).

Maslach and Leiter define burnout as a disorder characterized by fatigue, cynicism and ineffectiveness (Maslach & Leiter, 1997). Intended fatigue includes emotions, physical and mental. The cynical attitude that appears to be the individual who experiences burnout is to get angry then try to escape responsibility (Ever & Tomic, 2013). There are four characteristics of parental burnout (Karnesya, 2021), namely:

1. Physical and mental fatigue in carrying out the role of parenting, irritable.
2. No longer find pleasure or happiness when parenting.
3. Constantly feeling like a failed parent.
4. Distance yourself emotionally from the child, such as limiting the time to interact with the child.

Burnout experienced by the elderly, will be fatal to the physical such as spinal pain, respiratory disorders, diarrhea, increased blood pressure, indigestion, muscle pain, sleep disorders, heart attacks and strokes. Therefore, it is very important for parents to work on various ways to overcome burnout. The way to cope is part of the coping that every individual has. Folkman and Lazarus defined coping as a whole activity that includes cognitive and behavioral efforts to overcome, tolerate, digest or minimize circumstances that are felt to be a potential threat of harm or loss (Folkman & Lazarus, 2018). It was said that coping strategies are very effective at preventing and inhibiting the development of burnout syndrome. Weak coping strategies have a positive correlation with three aspects of burnout: emotional fatigue, personality lapses and decreased achievement. While a strong coping strategy has a negative correlation with burnout. This study aims to formulate an effective form of religious coping to overcome parental burnout.

In this study, the authors used religious coping as proposed by Carver et al. (Carver & Scheier, 2019); Weiten and Lloyd (2017) to be effective when individuals experience burnout (Weiten & A Lloyd, 2017). Religious coping means an individual's attempt to use his or her religious beliefs to prevent or alleviate the psychological impact of the pressures faced (Cohen & Koenig, 2018). According to Cumming and Pargament (2019), aspects of religious coping consist of positive and negative aspects. Positive aspects include an understanding of God, His love and concern, an attitude of faith when individuals face the

question of whether to seek God or move away from God (Pargament & Cumming, 2019). The same opinion was expressed by Cohen and Koenig (2018) that aspects of religious coping include belief in God's omnipotence, praying and believing and committing to God's promise in His Word (Cohen & Koenig, 2018).

So according to research Cohen and Koenig (2018) and Cumming and Pargament (2019) it has been proven that religious coping has a positive effect on job stress, burnout and various other physical diseases. This means that if religious coping is high, it will reduce job stress, burnout and other physical diseases. Therefore, religious coping needs to be improved to be effective to reduce burnout or ward off other problems that will arise during the Covid-19 pandemic.

## **II. Research Method**

The method used in this study is qualitative descriptive. Descriptive method is a method of examining the status of a group of people, an object, a set of conditions, a system of thought, or a class of events in the present. With the aim of making a systematic, factual and accurate description, view of the facts, properties and relationships between the phenomena investigated (Nazir, 2013).

The steps taken in this description method are

1. Data collection techniques, using Interviews that begin with compiling interview instruments, establishing sources or informants and conducting in-depth interviews when needed.
2. The next stage will be to reduce the data with stages: grouping interview results, processing data, credibility tests and source triangulation.
3. Data presentation. Group interview results from various sources and then narrated
4. Draw conclusions

## **III. Results and Discussion**

Some informants admitted that it was difficult when it came to dual functioning, as parents and teachers at home. It is this circumstances that has caused the burnout condition. The problem to be formulated in this study is whether the increase in religious coping can reduce the burnout of parents who accompany children to learn from home during the Covid-19 pandemic? Based on the formulation of the problem that will be answered, the purpose of this study is: To reduce parental burnout in accompanying children to learn from home, aspects of religious coping need to be improved. Specifically, the results of the study are intended to help parents to overcome burnout when accompanying children to learn from home (Simatupang et al., 2022).

Cohen and Koenig (2018) define religious coping as an attempt to use their religious beliefs or beliefs to prevent or reduce the psychological impact of the pressures faced (Cohen & Koenig, 2018). Pargament defined religious coping as an attempt to understand and overcome pressures in a sacred way. The purpose of the sacred is not only to understand that God is powerful, holy and noble, but also how to experience God's help individually in everyday life (Pargament et al., 2020).

Some religious aspects of coping:

### **1) Aspects of Faith**

It was said that faith is part of religious coping, which means believing everything that is expected has happened even though it has not seen it. This belief is built on the hope

and awareness that God is in power over all aspects of life, considering the faith aspect as a positive aspect in which individuals could believe in God's power and love, God's concern for life's various problems (Pieter et al., 2022). The high assessment of low faith is seen from the individual's attitude whether to get closer to God or away from God (Pargament & Cumming, 2019). Cohen and Koenig defined faith as the belief in God's omnipotence over all aspects of human life. As the Bible said "Faith is the foundation of everything we expect and the proof of everything we do not see" (Hebrews 11:1). Furthermore it is said that the failure of individuals to face various pressures is caused because more individuals rely on human power and make less use of God's omnipotence (Cohen & Koenig, 2018).

## 2) Pray

Prayer is an aspect of religious coping that is useful for communicating with God. All the burdens and inability of individuals to face the workload can be conveyed to God through prayer (Cohen & Koenig, 2018). Of course, effective prayer needs to be based on the belief that God can enable parents to face various workloads. Types of prayer include: a) meditation (meditative prayer) which is useful for reflecting on God; b) ritual prayer; c) colloquial prayer means communicating with God. d) petitionary of prayer means asking God to meet needs including the demands of duties as a parent.

## 3) The application of God's Word

The quality of individual religious coping is evident in the understanding and application of the truth values of Scripture or the Word of God (Cohen & Koenig, 2018). The Word of God says: All god-inspired writings are indeed useful for teaching, stating errors, to correct behavior and to educate people in truth (2 Timothy 3:16).

## 4) Burnout

Maslach and Leiter interpreted burnout as a symptom characterized by three indicators: emotional fatigue, cynicism and decreased achievement (Maslach & Leiter, 1997). Hallsten and Weiten call burnout a special form of tension/strain that is also seen in three indicators, namely emotional fatigue, cynicism and decreased self-efficacy caused by stress experienced (Hallsten, 2021; Weiten & A Lloyd, 2017). So when applied in the subjects of this study it can be concluded that burnout is emotional, mental and physical fatigue, cynical and decreased achievement of parents in the task of being an educator and mentoring for children. Some aspects of burnout:

### 1) Fatigue (exhaustion)

Maslach and Leiter said that when a person experiences fatigue usually has an impact on emotions and physical such as difficulty doing various activities, difficulty waking up in the morning, lack of strength to do tasks and difficulty communicating with other individuals (Maslach & Leiter, 1997). In line with that Ivancevic said that the emotional fatigue experienced by individuals because they feel drained by work as a result also arises feeling lazy and unwilling to do their responsibilities anymore (Ivancevic et al., 2018). Karnesya said many parents experience physical and mental fatigue in carrying out their roles as child companions during the Covid-19 pandemic (Karnesya, 2021).

### 2) Cynicism

The individual's cynicism is usually seen in the attitude of avoiding direct involvement with other individuals and running away from his responsibilities. Maslach and Leiter (1997) say that the cynicism is a projection of fatigue and dissatisfaction (Maslach & Leiter, 1997). Ivancevic et al. (2018) add cynicism with

the term personality change with some symptoms such as turning violent, less sensitive, less concerned with what other individuals are experiencing and even blaming service recipients (Ivancevic et al., 2018).

When associated with parental assistance, it begins to appear from the attitude of parents who feel bored, run away from responsibility, are no longer sensitive to the needs of children, become violent with anger and blame the child. Karnesya (2021) said that at burnout, parents are always angry. His research proves that 69% of parents once felt like escaping their responsibilities as parents (Karnesya, 2021).

### 3) Ineffectiveness

The ineffectiveness of the individual appears in the attitude of inability to do things, always underestimating the results that have been achieved, losing confidence. Feeling not excited to do something. Ever and Tomic said that individuals who burnout, feel a decrease in achievement team characterized by attitudes tend to evaluate themselves negatively to what is done. As a result of negative judgment comes feelings that are unhappy, less satisfied with what has been done, feel unable to continue the task (Ever & Tomic, 2013). Many parents feel failed and unsuccessful in accompanying children (Karnesya, 2021).

## 5) Internal factors of parents

Wardani and Ayriza said that the obstacles faced by parents in accompanying children to learn are (Wardani & Ayriza, 2021):

- a) Lack of understanding of teaching techniques and learning materials. Many parents lack understanding of the material provided by the teacher making it difficult for parents to convey to children.
- b) Lack of skills to foster a child's learning interest. Of course, the technique of arousing children's learning interest needs practice.
- c) The patientness of parents in accompanying the child. It was stated that many parents are impatient in accompanying children to learn so that frustration arises and children become objects of emotional venting of parents. This shows that the parents are already saturated.

## 6) External factors

### a) Stress on the child

The changes that occurred caused children to experience anxiety, such as the results of Kumar and Nayer's research: experiencing 20% fear, mild anxiety 21.3%, moderate anxiety 2.7%, severe anxiety 0.9%, post traumatic stress syndrom 2.17%, feeling deprived of social rights, 65.26%.

### b) Job demands

Job demands are workloads that include the type of work, the number of jobs and the number of hours worked, and control, less rewards. The meaning of the type of work whether the task or work is done monotonously, does not vary, is disliked and unpleasant (Maslach & Leiter, 1997). The amount of work and the number of hours used can make burnout because of the amount of time that must be used and various jobs need to be carried out together. While the intended control is related to the lack of participation of the child or other family members. Karasek et al. (2018) said that if the demands of work have exceeded the ability so that individuals work under pressure, psychological pressure will arise (Karasek et al., 2018). If the pressure is not handled properly, it will increase to burnout.

## IV. Conclusion

From the result of the research, it can be concluded that coping strategies, consists of belief in God's omnipotence, praying and believing and committing to God's promise in His Word are very effective at preventing and inhibiting the development of burnout syndrome.

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