The Effect of Self-Regulations of Housewife on the Burnout in Child Care

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Abstract

Housewives who do a lot of activities at home with the same pattern of activity and monotonous can cause fatigue and burnout in childcare. The purpose of this study was to determine whether there is an effect of self-regulation of housewives on burnout in childcare in Tamangede Village, Gemuh, Kendal. This research uses predictive quantitative research methods. The populations in this study were all housewives aged 20-40 years in Tamangede Village, Gemuh, Kendal. Sampling using a purposive sampling technique. The samples used were 30 housewives in Tamangede Village, Gemuh, Kendal. The data collection techniques in this study used a scale of self-regulation and burnout in childcare scale that refers to the Likert scale. The classic assumption test is done using the normality test and linearity test. The hypothesis testing in this study uses a simple linear regression test. All calculations use SPSS IBM 21. The results show that the regression equation is Y = 149,438 - 0.832. Sig value of 0,000 <0.05, so it can be concluded that Ha is accepted which means that there is an effect of self-regulation on burnout in childcare. Regression coefficient (-0,832), the value is negative (-), so it can be concluded that self-regulation has a negative effect on burnout in childcare. R Square value obtained is 0.628. The conclusion from the simple linear regression analysis test can be concluded that self-regulation of housewives has a negative effect on burnout in childcare with a total effect of 62.8%. Increasing self-regulation of housewives will influence the reduction of burnout in childcare.

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INTRODUCTION

The house is the return of every family member. The house is a place to rest after all the fatigue after a day of activities. The comfortable home atmosphere certainly does not escape from the role of its occupants, especially the role of a mother. Mother is the heart of the house. Where all activities at home do not escape the role of a mother. Starting from cooking, cleaning the house, washing clothes, washing dishes, preparing the needs of her husband and children, making breakfast, helping children work on school assignments, and caring for children. These activities are carried out by a housewife for a full day.

Mother's activities carried out every day with the same pattern of activity for each day does not rule out the possibility of mothers experiencing burnout. Maslach (in Sofiani and Fauziah, 2014) said that being a housewife requires the task to serve the family and of course there is emotional involvement in the service process and takes place monotonously so that there is a risk of experiencing burnout.

Burnout is emotional exhaustion, a feeling of being unable to accomplish anything in a given job, and a feeling of helplessness and being out of control. Burnout usually happens to people who provide assistance but are frustrated with their inability to help as many people as they want to do. Burnout is usually a response to ongoing stress rather than a lightning crisis. Symptoms can include fatigue, insomnia, headaches, constant sniffles, stomach disorders, alcohol and drug abuse, and difficulty mingling with people (Papalia, 2008).

The symptoms of burnout make people who experience it do things that tend to negative and self-destructive. Greenberg and Baron (in Anggriana et al, 2014) said that there are several burnout characteristics including a) Physical fatigue, a person will feel his energy decreased and very tired, and experience physical disorders such as headaches, lack of sleep, and changes in eating habits; b) Emotional fatigue, a person will feel depressed, helpless, and feel trapped in work; c) Mental fatigue, people who experience burnout become cynical with others, behave negatively, and tend to disrespect themselves, their work, their organization, and even their lives as a whole; d) Low personal achievement, the person will feel helpless not get great achievements in the past, and assume that he will not be successful in the future.

Maslach et al (in Larasati and Paramita, 2013) argue that two factors influence burnout, namely: 1) Situational (external) factors include job characteristics, type of work and organizational characteristics; 2) Individual (internal) factors include demographic characteristics (age, gender, and years of service), personality characteristics and attitudes towards work.

Burnout can occur at different times to different people. When that happens, they can lose the motivation to excel. Burnout is the most common factor that causes the decision to stop working temporarily (Mondy (in Ekawanti, 2016)). It is feared that saturation that is already experienced by housewives will cause mothers to experience burnout in childcare. Burnout in childcare is emotional exhaustion, feeling of being unable to finish anything at work, feeling of helplessness and being out of control due to the prolonged stress experienced by a mother due to pressure in doing her daily work at home and this causes her to experience fatigue and boredom in parenting and causing a mother to stop temporarily in parenting.

Based on observations, it can be concluded that housewives at the study site showed burnout symptoms such as, mothers prefer to buy cooked food rather than cooking themselves, headaches and aches when they wake up, irritability when children are difficult to manage, using a high note when the child is hard to take a bath or other things, easy to feel inferior and not confident because only an ordinary housewife, cynical and easily offended by others' words, and let the condition of the house in the condition of children's toys scattered, household appliances that are not properly placed, dirty clothes piled up, and the floor is dusty because it is not swept away. The reason for the mother leaving the house in that condition according to the first respondent was that she was tired of doing these things every day and when tidying up the house conditions also remained the same. The second respondent said that if she did this because she was fed up with the same pattern of activities every day and there was no support and assistance from her husband.

Family is the first place for children to learn. New things learned by children are obtained from those closest to the child, especially the mother. Windiarti (2014), said that childhood is a golden period because during this period (0-5 years) children receive a lot of information about anything. Their brains are like sponges that can absorb everything around them. At this age, parents, teachers, and society, in general, play an important role in their development.

Parenting a child requires several interpersonal skills and imposes emotional demands

(Santrock, 2016). Child care is an effort from the environment so that the basic needs of children for growth and development are met properly and correctly so that children can grow and develop optimally (Prasetyati, 2015). If the mother has experienced burnout in childcare, it will tend to have an unfavorable effect on the child. Children will be neglected. Lack of supervision and attention from the mother. Putri (2012) said that children can grow by meeting their physical and mental needs. The physical needs of children for parents must provide all the necessities of life in the form of a place to live, eat, clothes, and also interact with others. Whereas in the mental needs of a child requires love and affection.

Child growth and development can be suboptimal if the mother experiences burnout in childcare. Therefore, self-regulation in housewives is very necessary. Prosad, Lim, & Chen (in Ekawanti, 2016) said that the important spotlight in self-regulation is when a person can control himself from within himself. Bandura (in Istriyanti, 2014) said that the driving force of human personality is the ability of individuals to control their behavior which includes observation, assessment, and self-response. Related to social and emotional development, Morison (in Astuti, 2012) explains that individuals learn how to manage emotions and behavior by doing self-regulation. Schunk, Pintrich, & Meece (in Purwanto and Formen, 2019) said that self-regulation is the ability of individuals to control and influence one's process of learning, for example, planning, setting goals, and choosing strategies to be applied.

Zimmerman (in Betty, 2018), said that there are three aspects of self-regulation, namely: 1) Metacognitive, part of the individual when thinking about designing or planning the action to be done; 2) Motivation, a series of businesses both from outside and inside; 3) Behaviors, actions that have been selected by individuals who can be accepted by the community and following the expected goals. Bandura (in Purnamasari, 2014) said there are two factors of self-regulation namely internal factors such as self-observation, assessment process, self-reaction; and external factors such as interactions with the environment and forms of reinforcement.

Besides the burnout symptoms that arise, not all housewives in the study site are fully able to regulate themselves well. Mothers there still experience difficulties in planning, strategy, and monitoring such as, sometimes waking up late, being confused in choosing a menu of cuisine, difficult to do activities simultaneously, and mo-

tivation from both outside and inside is still very much needed as support from people around especially husband.

Based on the problem, the researcher is interested in conducting research entitled "The Effect of Self- Regulation of Housewife on Burnout in Childcare in One Village in Gemuh, Kendal" using predictive quantitative methods. This study aims to explain the effect of self-regulation of housewives on burnout in childcare in one village in Gemuh, Kendal.

The purpose of this study was to explain the magnitude of the effect of self-regulation of housewives on burnout in childcare in one village in Gemuh, Kendal. Besides, this study also aims to explain the level of burnout experienced by housewives based on the age of housewives, the number of children they have, the age of their child, and also motivation. This study examines the self-regulation of housewives on burnout in childcare, where most of the previous studies only examined self-regulation in mothers who worked on burnout in work.

RESEARCH METHODS

The method used in this research is quantitative. The quantitative method according to Sugiyono (2015) can be interpreted as a study based on the philosophy of positivism, used to examine a particular population or sample, collecting data using research instruments, the data analysis is quantitative/statistical to test a predetermined hypothesis. The testing process in this study uses the help of IBM SPSS version 21 data processing application to process and analyze the results of hypothesis testing.

This predictive design study uses a simple linear regression approach. This study aims to determine the effect of one variable with another variable. In this study, researchers wanted to find out the effect of self-regulation of housewives on burnout in childcare. Sugiyono (2015) said that the research variable is everything in the form of whatever is determined by researchers to be studied and then drawn conclusions. The variables in this study are divided into 2 (two), namely the independent variable and the dependent variable. The dependent variable is a variable that is affected or which is due, because of the independent variable. The dependent variable in this study is burnout in childcare. Then, the independent variable is a variable that affects or is the cause of the change or the emergence of the dependent variable (bound). In this study, the independent variable used is self-regulation in housewives.

The population is a generalization area consisting of: objects/subjects that have certain qualities and characteristics determined by researchers to be studied and then drawn conclusions (Sugiyono, 2015: 117). The population of this study was all housewives aged 20-40 years, amounting to 115 people and spread over 4 RWs in one village in Gemuh, Kendal. The sample is part of the total characteristics possessed by the population (Sugiyono, 2015: 118). The sample of this research is housewives who do not work and only take care of the house and care for children who live in one of the villages in Gemuh, Kendal. Samples taken in this study amounted to 30 respondents. The sampling technique in this study used purposive sampling in which the researchers took samples following predetermined criteria.

Data collection techniques in this study used a questionnaire. A questionnaire according to Arikunto (2010: 194) is defined as "Several written questions used to obtain information from respondents in the sense of reports about their personality, or things that are known". Data collection methods used in this study are the scale of Self-Regulation of Housewives and Burnout in Childcare scale. The instrument in this study uses a Likert scale with 4 answer choices. The answer to each instrument item that uses a Likert scale has a gradation from very positive to very negative, which can be in the form of words Always, Often, Sometimes, Never with a range of scores ranging from 4 to 1. The answer to the instrument items that show favorable categories get a range of scores 4 for Always, 3 for Often, 2 for Sometimes, and 1 for Never. Instrument answers that show the unfavorable category get a range of scores of 1 for Always, 2 for Often, 3 for Sometimes, and 4 for Never.

After doing research, the next step is analyzing data. The data analysis technique used in this study is a simple linear regression analysis approach with the help of the IBM SPSS 21 (Statistical Package for the Social Sciences) program. Testing using simple linear regression analysis techniques aims to determine how much the influence of the self-regulation of housewives on burnout in childcare. Also, the data analysis techniques used in this study are the normality test and linearity test. The normality test is used to determine whether the data used is a normal distribution or not while the linearity test aims to determine whether the two variables between the independent variable and the dependent variable have a linear relationship or not significantly.

RESULTS AND DISCUSSION

Research Data Description

After completing the research process, the researcher obtains the results of the study. The results of the study were described by the researcher through descriptive analysis. Kuswantoro (2014) said that descriptive analysis is the most basic analysis to describe data in general. Sugiyono (2016) said that descriptive statistics are statistics used to analyze data by describing data that has been collected as it is without intending to make conclusions that apply to the public or generalizations.

Table 1. Description of Burnout in Childcare and Self-Regulation Data

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Burnout Childcare	30	48	79	64.20	8.961
Self-Regulations	30	83	112	102.43	8.537
Valid N (listwise)	30				

Source: Data processed, 2019

Based on the descriptive table above shows the results with an average burnout in childcare of 30 housewives is 64.20 with a standard deviation of 8.961. The smallest value obtained by the data is 48 and the largest value is 79. The average self-regulation of housewife is 102.43 with a standard deviation of 8.537. The smallest value is 83 and the biggest value is 112.

Table 2. Self-Regulation Score Categories

No.	Interval Value	Category	Frequency	Percentage
1	96 – 127	High	25	83%
2	64 – 95	Medium	5	17%
3	32 – 63	Low	0	0%
Total			30	100%

Source: Data processed, 2019

Based on the category table of self-regulation scores above, it can be seen that the acquisition of scores from the self-regulation scale distributed to 30 respondents is in the high category of 25 respondents with an interval value of 96 - 127 and the percentage value is 83%. The score in the

medium category was obtained by 5 respondents with an interval value of 64 - 95 and the percentage was 17%. Low category scores were obtained by 0 respondents with an interval value of 32 - 63 and the percentage results were 0%.

Table 3. Burnout in Childcare Score Categories

No.	Interval Value	Category	Frequency	Percentage
1	96 – 127	High	0	0%
2	64 – 95	Medium	9	30%
3	32 – 63	Low	21	70%
Total			**30**	100%

Source: Data processed, 2019

Based on the table, it can be seen that from 30 respondents, the acquisition of a high category score of 0 with an interval value of 96 - 127 and a percentage value of 0%. Medium scores were obtained by 9 respondents with interval values of 64 - 95 and the percentage weas 30%. Low scores obtained results of 21 respondents with an interval value of 32-63 and the percentage is 70%.

Data analysis

Table 4. Normality Test Results

	Burnout in Childcare	Self-Regulations
N	30	30
Kolmogrov-Smirnov	0,657	0,799
Asymp. Sig. (2-tailed)	0,781	0,547

Source: Data processed, 2019

Based on the table above that the normality test shows data on self-regulation of housewives and burnout in childcare in a village in Gemuh, Kendal District, the value of Kolmogorov-Smirnov is 0.799 and sig is 0.547 for self-regulation. For burnout in childcare, the results of the Kolmogorov-Smirnov value were 0.657 and the sig value was 0.781. Both of these data indicate that the value of sig> 0.05, which means the data of self-regulation and burnout in childcare are normally distributed.

Table 5. Normality Test Results

Variabel		F	Sig
Burnout in Childcare * Self-Regulations	Sig. Deviation From Linearity	1.641	0,195

Source: Data processed, 2019

Based on the results of the linearity test in the output table above, it is known that the Sig. Deviation from Linearity of 0.195. Because of the value of Sig. 0.195> 0.05, it can be concluded that there is a linear relationship between the self-regulation variable and the burnout in the childcare variable.

Table 6. Outputs of Simple Linear Regression Equations (Coefficients)

Model	B	Beta	t	Sig
Constant	149.438		12.023	0,000
Self-Regulations	-.832	-,793	-,6881	0,000

Source: Data processed, 2019

The simple linear regression equation is Y = a + bX. (Y is the predicted dependent variable, a is a constant, b is the regression coefficient, and X is the independent variable). The coefficient values can be seen in the output Coefficients table and entered in the equation as follows:

Y = a + bX
Y = 149,438 + (-0,832)X

The meaning of the above equation is:

1. Constant of 149.438, implies that the consistent value of the Burnout in Childcare variable is 149.438.

2. Regression coefficient X of (-0,832) states that for each addition of 1% the value of Self-Regulation of Housewives, the value of Burnout in Childcare increases by (-0,832). The regression coefficient is negative (-), so it can be said that Self-Regulation has a negative effect on Burnout in Childcare so that the regression equation is Y = 149.438 - 0.832X.

Table 7. Output Results of the Determination Coefficient Analysis

R	R Square
0,793	0,628

Source: Data processed, 2019

The magnitude of R Square (squared correlation) or the coefficient of determination (KD) is 0.628 or 62.80% (the formula for calculating the coefficient of determination is r2 × 100%). This figure means that 62.80% of the variability of self-regulation affects the burnout in caregiving of housewives; the remaining 37.20% (100% - 62.80%) was not examined in this study. This means that other variables influence child care burnout in housewives.

The Influence of Housewife's Self-Regulation on Burnout in Childcare

Analysis of simple linear regression test results obtained large R square (correlation squared) or the coefficient of determination (KD) is 0.628 or 62.80%. This figure means that 62.80% of the variability of self-regulation affects the burnout in childcare among housewives. The results of this study indicate that the effect of self-regulation on housewives on burnout in childcare is quite high.

The regression equation obtained is the regression coefficient X of (-0.832) states that for each addition of 1% the value of self-regulation of housewives, the value of childcare burnout increases by (-0.832). The regression coefficient is negative (-), so it can be said that self-regulation has a negative effect on childcare burnout so that the regression equation is Y = 149.438 - 0.832X.

Research conducted by Sysditya Ekawanti and Olievia Prabandini Mulyana (2016), shows that there is a significant relationship between self-regulation and burnout with a p-value of 0.017 and an r-value of -0.401. Good self-regulation of an individual can resolve stress and emotions in him because burnout arises due to prolonged stress experienced by individuals. Stress can be overcome and the tendency to burnout will be very small if the individual has good self-regulation that can control and direct himself to achieve the intended goal.

Viewed from the demographic characteristics, age is a factor that can influence the occurrence of burnout. Based on the age group of housewives in the study area, the highest burnout rate was experienced by mothers aged 40 years with a burnout percentage of 55.60%. According to Erick Erikson in the seventh stage of psychosocial development that is at the age of 40-50 years which says that individuals will experience a phase of generativity which means that when someone approaches late adulthood, their views on life distance tend to change or maybe the opposite, namely the stagnation phase which is where someone experiences a state of stopping and not moving at all.

The number of children can also affect the level of burnout in housewives. In this study, the burnout rate of housewives who have more than one child is higher than mothers who have one child. The burnout rate of mothers with 2 children in this study was 44.20%. Lestari and Widyawati (2016), said that mothers who care for more than one child think that stress is one of the serious problems they face. It also said that stress experienced by parents and their ability to cope (coping stress), can affect their relationship with children.

Based on the age of the child, the highest level of burnout experienced by housewives is experienced by mothers with children aged 5-6 years with a percentage of 44.40%. Maruyama (2016), in his study, said that nurses who have preschool children less than 6 years old and stop working to take care of the house and care for children are more likely to experience burnout.

Motivation from within and from outside can also affect a person's level of burnout. In this study, housewives with a tendency of motivation from within (intrinsic) amounted to 23 people with a burnout rate of 66.7% and housewives with an extrinsic motivation tendency of 7 people with a burnout rate of 33.30%. Thus, it can be taken a general picture that those with extrinsic motivation tend to experience a lower risk of burnout. This is understandable because those with extrinsic motivation tend to get more positive constructive support from both their husband and family. Maruyama (2016), said that in terms of raising children, studies of the condition of mothers and children as well as partner support are needed to reduce the level of burnout in childcare. Besides, the ability of mothers to regulate themselves can reduce the level of burnout in childcare.

CONCLUSION

Based on the results of the research and discussion, it can be concluded that Self-Regulation (X) influences the Burnout in Childcare (Y). The magnitude of the effect of Self-Regulation on Childcare Burnout is 62.80%. Increasing Housewife Regulation will influence the reduction of Burnout in Childcare. Housewives who are over 40 years old and have a preschool-age child that is around or the same as 6 years tend to be higher to experience burnout.

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