

PERCEIVED SOCIODEMOGRAPHIC VARIABLES AND MOTHERS' PERFECTIONISM AS PREDICTORS OF PARENTAL BURNOUT

The aim of this cross-sectional online study was to test the contribution of sociodemographic predictors (parental age, education, family financial status, age and number of children) and different components of perfectionism in parenting (self-oriented perfectionism, perfectionistic concerns, and child-oriented perfectionism) in predicting burnout criteria in parenting. The pertinent sample included 236 mothers with an average age of 32 years ($M = 32.93$, SD years of age = 5.86), while the age of their children ranged from 2 to 8 years ($M = 7.45$, SD years of age = 1.10). Measuring instruments applied via the Internet: Parental Burnout Assessment (PBA), Self-Oriented Parenting Perfectionism Scale, Perfectionist Concern Scale, Child-Oriented Perfectionism Scale demonstrate satisfactory internal consistency reliability, and can therefore be used in the Serbian population in future research. Findings from hierarchical regression analyses suggest that statistically significant predictors of perceived parental burnout are child-oriented perfectionism (uncoordination) and perfectionistic worries. Hence, the dominant uncoordination between predictor variables (parental expectations and child achievement, as well as perfectionistic concerns) relevantly with 20% of the total variance proportion most relevantly explains parental burnout of mothers. The results obtained in this research have theoretical and practical implications and guidelines in the digital context that can serve for the identification and prevention of parental burnout, but also as a basis for future empirical studies.

Key words: mothers, children, incoordination, perfectionistic concerns

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Introduction

The construct of *parenting* implies a very demanding life function that is realized in the context of various social transformations. The dynamics of the modern family, parental tendencies, changes in the understanding of the nature of children and parental authority, the intensive development of technology, and the availability of much information about optimal parenting are factors that shape the personal perception of the parental role (Zhou & Wan, 2025). The perceptions of contemporary parents differ significantly from those of previous generations, and the current direction of parenting implies its increased intensity, as well as high expectations of success in parenting, which represent relevant challenges and pressures for both parents and children (Jones et al., 2023). The parental function contains a wide range of emotional interactions with children, rewards, mutual love, satisfaction, and joy (Yucel & Chung, 2023). However, parenting is also a very responsible life role that encompasses care and stress, sacrifices and fatigue (Metzger, S., Gracia, P., 2025).

Today, the tendency of ideals is often emphasized among parents who intend to be the best possible version of parents and provide perfect conditions for the development of their children. However, such ambition to achieve the flawless parental role can become a burden and influence the occurrence of stress and burnout in the parental role (Siegert, C., 2025). In the second decade of the 21st century, great interest has been observed in examining the construct of parental burnout, as well as the generators that cause certain parents to be prone to burnout in the parental role. In general, the syndrome of parental burnout is characterized by a feeling of inefficiency in the parental role, a high level of emotional exhaustion, and emotional distance from children, accompanied by doubt in fulfilling oneself as a successful parent (Awad et al., 2024). Parental burnout is an implication of the perception of constant stress due to demands that exceed parents' coping capacities. Hence, at the moment when stress becomes chronic, exhaustion and parental burnout may occur. For this reason, four symptoms appear in parents: on the emotional level – a feeling of inability to cope with personal emotions (1), on the cognitive level – a sense of incompetence in proper thinking and making decisions about children (2), and on the physical level – increased fatigue and decline in energy (3). In addition, a symptom of parental burnout is the feeling of being contrary to the previous perception of oneself as a parent, in which the parent feels as if they are no longer as successful as before, is not satisfied with the parental role, and is ashamed of what kind of parent they have become. Another pronounced symptom of parental burnout is dominant overload and the loss of enjoyment in the parental role, with a feeling of saturation in the parental role to the greatest possible degree. The final symptom of parental burnout is emotional distancing from children, which manifests itself in avoiding the establishment of emotional interactions with the child, where parents minimally focus when the child addresses them or only partially listen, engage less in relations with the child, do

not care for the child's feelings, and are generally less willing to express emotions (Szczęśniak et al., 2025).

The theory of balance between risks and resources, i.e., the theoretical model of parental burnout (Mikolajczak & Roskam, 2018), assumes several risk factors for parental burnout (sociodemographic variables, child-related variables, stable parental dimensions, parental beliefs and behaviors, as well as family functioning). Risk sociodemographic factors for burnout in parenting are: the gender of the parent – mothers are at greater risk of burnout since they generally engage more in childrearing than fathers (1), and unemployed parents, parents with low income or financial difficulties, as well as parents with more children and younger children (2). In addition to the mentioned factors, today significant individual parental risk factors for burnout are being intensively researched, namely the tendency toward perfectionism in parenting, which manifests itself in defining extremely high achievement standards for oneself and one's children (Verdiansin & Paramita, 2025).

During the development of the model of parental burnout in current empirical studies, an increasing number of researchers are testing possible predictors of burnout in parenting, with particular emphasis on examining the role of the construct of parental perfectionism. This construct in parenting can be described as the parental striving for flawlessness and excellence in all activities, tasks, and responsibilities that the parental role entails (Ko, 2025). Parents with dominant perfectionistic tendencies display an insistence on infallibility in their actions toward children, set especially high expectations for themselves and their children, and often encourage in them the development of perfectionistic tendencies and behavior patterns (Agarwal & Dhenwal, 2024). The mentioned authors emphasize that such standards are correlated with child care, usually in interdependence with concerns about the perception of failure in the parental role. Parents with perfectionistic dimensions show a pronounced desire to realize the image of the ideal parent that they have created themselves or have been compelled to accept unwillingly due to environmental influences, where they believe they must, without objection, fulfill the parental role by providing optimal care and attention for their children (Flett & Hewitt, 2024). Such attitudes toward ideality burden parents on a daily basis and may significantly contribute to the way parents respond to their children's needs and wishes.

Parental perfectionism is a complex phenomenon that, within the scope of parenting, contains partial dimensions (Casale et al., 2024). Studies often test autonomous components of parental perfectionism: perfectionistic tendencies, i.e., self-oriented perfectionism, which consist of markedly high achievement standards in parenting, and perfectionistic concerns – pronounced worry about mistakes, preoccupation with self-criticism, and doubt in one's own parental actions. In the study (Goldner & Scharf, 2024), it was established that more pronounced perfectionistic concerns are correlated with parameters of impaired

mental health and general well-being. For example, a positive interaction between perfectionistic concerns and parental burnout was found. In addition to perfectionistic tendencies oriented toward oneself as a parent, the significance of perfectionistic inclinations oriented toward the parental role itself has been identified (Hewitt et al., 2024). Parents with dominant perfectionistic inclinations often set markedly high standards in cohesion with the success of their children, demanding perfection from them in various activities. In the work (Ko et al., 2023), the psychological phenomenon of parental perfectionism oriented toward infallibility in children's activities was examined. The authors emphasize that this component of parental perfectionism consists of three dimensions: high standards, uncoordination, and order. The component of high standards refers to parental expectations regarding children's activities and achievements, with emphasis on perfectionistic tendencies in avoiding mistakes. Uncoordination primarily refers to the disproportion between the high demands that the parent defines for their child and the child's real achievements. Finally, order as the last component of parental perfectionism encompasses the parent's expectation that the child will be neat in everyday life and activities. Research on these dimensions of parental perfectionism has shown that the components of high standards and order correspond with parental stress, while the perception of uncoordination generates emotional distress and parental dissatisfaction due to the realization that the child is not able to meet the high standards demanded of them (Negru-Subtirica et al., 2023). Precisely this experience of uncoordination is the main driver of child-oriented perfectionism, which contributes to parental burnout and potentially undermines the mental health of parents.

The aim of this research was to examine the relative contribution of predictors: sociodemographic variables (age of the parent, education, family financial status, age and number of children) and different forms of perfectionism in parenting (self-oriented perfectionism, perfectionistic concerns, and child-oriented perfectionism) in explaining parental burnout. It is assumed that the educational level of parents and the number of children are relevant positive determinants of parental burnout criteria, while the age of the parent, the material status of the family, and the average age of children are negative determinants (H_1). It is expected that all forms of the construct of perfectionism in parenting (self-oriented perfectionism, perfectionistic concerns, and child-oriented perfectionism) are positive determinants of parental burnout (H_2).

Method

Participants and procedure

The *online* research was conducted on a pertinent sample ($N = 236$) of mothers in the Republic of Serbia who have children in early childhood (between

2 and 10 years old). The average age of the mothers was 37.24 years ($SD_{age} = 1.72$). About half of the mothers had higher or university education (51.03%), 40.26% had secondary education, 3.01% had a doctoral degree, and 5.70% reported primary-level education. About two-thirds of the mothers reported an average family financial status, one-quarter reported an above-average financial status, while 6% reported a below-average financial status. Through a link on the *Google Forms* platform, interested respondents could read more information about the study, leave their e-mail address, and in that way, in accordance with the criteria (Maukar et al., 2025), register via the social network Facebook in digital format on the Google Forms web page to participate in the voluntary and anonymous survey. The completed questionnaires could not be connected to the identity of the respondent who filled them out voluntarily, since instead of names and e-mail addresses, they entered their own codes composed by using all available characters. The entire survey process, with the option of withdrawing at any time without consequence, lasted between 15 and 20 minutes. The research was conducted during August 2025 and was approved by the Ethics Committee of the Serbian Academy of Innovation Sciences in Belgrade.

Measuring instruments

Parental Burnout Assessment (PBA)

The PBA questionnaire (Macuka et al., 2022) consists of 23 items that, across four subscales, assess different dimensions of parental burnout: contrast with previous parental self-perception (6 items; e.g., „I have the impression that it is no longer me in interaction with my child/children.“), exhaustion in the parental role (9 items; e.g., „I feel as if I am taking care of my child/children on autopilot.“), emotional distancing from children (3 items; e.g., „I do what I have to do for my child, but nothing more.“), and saturation with the parental role (5 items; e.g., „I feel as if I cannot cope with the role of being a parent.“). Parents are asked to evaluate on a seven-point scale from 1 (*never*) to 7 (*every day*) how true each item is for them as parents, where a higher score indicates a higher level of parental burnout. The overall burnout score is calculated as the arithmetic mean of all items. The subscales demonstrated satisfactory internal reliability with Cronbach's alpha coefficients ranging from 0.90 to 0.95, while the total burnout assessment showed excellent reliability ($\alpha = 0.98$).

Perfectionism in the Parental Role

To assess parental perfectionism in this research, three different scales were used: the Self-Oriented Parenting Perfectionism Scale (SOPP; Smith et al., 2016), the Perfectionistic Concerns Scale (Macuka et al., 2022), and the Child-Oriented Perfectionism Scale (Bašić, 2023).

Self-Oriented Parenting Perfectionism Scale

This scale consists of six items that reflect extremely high standards and expectations in parenting, with the parent's motivation to realize themselves as a perfect parent (e.g., „I always expect myself to be the best parent in the world.“). Respondents answer on a five-point Likert scale (1 = *does not apply to me at all*; 5 = *applies to me completely*). The arithmetic mean of all items on the scale forms the total score, where a higher score indicates more pronounced self-oriented perfectionism in parents. The Cronbach's alpha coefficient obtained in this sample ($\alpha = 0.87$) suggests a satisfactorily high reliability of the scale.

Perfectionistic Concerns Scale

This scale, through three statements, assesses negative reactions to imperfection in parenting and pronounced parental worry (e.g., „As a parent, it is terrible to stumble in front of others.“). Respondents evaluate their agreement with the items on a five-point scale (1 = *does not apply to me at all*; 5 = *applies to me completely*). The total score represents the arithmetic mean of all items, with a higher score indicating more pronounced perfectionistic concerns. The internal reliability coefficient of the scale ($\alpha = 0.82$) in this study is satisfactory.

Child-Oriented Perfectionism Scale

This instrument measures different dimensions of parental perfectionism oriented toward their children. It consists of 26 items distributed across three subscales: uncoordination (16 items; e.g., „Even when my child does their best, it seems to me that it is never good enough for me.“), high standards (6 items; e.g., „I expect my child to try their best in everything they do.“), and order (4 items; e.g., „I expect my child to think that things should always be put back in their place.“). Respondents answer on a seven-point scale from 1 (*strongly disagree*) to 7 (*strongly agree*), where a higher score suggests more dominant uncoordination, high standards, or order. Internal consistency reliability (Cronbach's α) for the subscales in the tested sample ranged from 0.79 to 0.90.

Statistical Data Analysis

For all variables, descriptive parameters, skewness and kurtosis were calculated. The relationships between variables were analyzed using Pearson's correlation coefficient and hierarchical regression analysis. Multicollinearity was tested using the tolerance coefficient and the variance inflation factor (VIF). All statistical analyses were conducted in the IBM SPSS Statistics 23 software package. The obtained results were considered statistically significant at the error level of $p \leq 0.05$ or $p \leq 0.01$.

Results

Descriptive indicators

Table 1 shows descriptive statistics for and coefficients of skewness and kurtosis of the variables used. In the cells of the descriptive matrix, it can be observed that the results on the variables of parental burnout and perfectionistic concerns are shifted toward lower values in relation to the theoretical average on the scale, while the values of self-oriented parenting perfectionism and uncoordination, as a dimension of child-oriented perfectionism, vary around the theoretical average. In contrast, for the remaining two subscales of child-oriented perfectionism (high standards and order), the results are shifted toward higher values. Regardless of the mentioned parameters, the coefficients of skewness and kurtosis meet the acceptable standards of normal/symmetric distribution within the allowed interval limits (skewness: ± 2 ; kurtosis: ± 7). This indicates the justified use of parametric statistical methods in further data processing (Hatem et al., 2022).

Table 1. Descriptive parameters and normality of variable distributions (N = 236)

Variables	M	SD	Min	Max	Theoretical range	Sk	Ku
Parents' age	37.24	1.72	24.00	49.00	–	.20	.17
Education	3.25	1.02	1.00	4.00	1–4	.78	-.63
Materijalni status	2.98	0.66	1.00	4.00	1–4	.56	-.19
Age of children	5.96	2.89	2.00	9.00	–	.15	1.20
Number of children	1.92	0.87	1.00	5.00	–	.85	.73
Parental burnout	1.84	0.68	1.00	5.00	1–6	.30	.45
Self-oriented perfectionism	3.05	1.20	1.00	4.00	1–4	.51	.37
Perfectionistic concerns	1.84	0.76	1.00	4.00	1–4	.23	.77
Child-oriented perfectionism - Uncoordination	2.64	0.53	1.60	4.45	1–6	.48	.56
Child-oriented perfectionism - High standards	3.96	1.36	1.00	6.72	1–6	.69	.82
Child-oriented perfectionism - Order	4.93	1.30	1.64	6.00	1–6	.26	.73

Legend. M = arithmetic mean, SD = standard deviation, Min - minimum perceived result, Max - maximum perceived result. Sk = skewness, Ku = kurtosis.

Correlation analysis

Pearson's correlation coefficients (Jiang & Pham, 2025) between measured variables are presented in Table 2. Inspection of the correlation matrix reveals that most of the examined variables are in statistically significant expected interactions of low or moderate intensity. The results suggest that younger mothers tend toward self-oriented parenting perfectionism, i.e., the definition of predominantly high achievement standards correlated with their personal parental function. More educated mothers expect order in the everyday life and activities of their children to a lesser extent. The findings also draw attention to the fact that mothers of older children and with a greater number of children are more inclined to perceive high expectations of order in children's activities. Likewise, mothers of younger children manifest a lower degree of uncoordination between personal expectations and children's achievements. The perceived construct of parental burnout among mothers is in relevant positive relations with perfectionistic concerns and uncoordination. In addition, tested self-oriented parenting perfectionism, order, and high standards (as dimensions of child-oriented perfectionism) are not in significant bivariate interdependencies with maternal parental burnout.

Table 2. Bivariate correlations between the examined variables ($N = 236$)

Variables	2	3	4	5	6	7	8	9	10	11
1.Age	-.10	-.05	.58**	.26**	.20*	-.17*	-.21*	-.02	-.15*	.01
2. Education	—	.26**	-.28**	-.34**	.12	.05	.02	-.09	.01	-.24**
3.Materijalni status		—	-.18*	.08	.01	.10	-.03	.07	0.5	-.20*
4. Average age of children			—	.39**	-.20*	-.17*	-.07	.25**	.02	.43**
5. Number of children				—	-.19*	-.13*	.16*	.03	.01	.30**
6. Parental burnout					—	.03	.26**	.30**	.03	.01
7. Self-oriented perfectionism						—	.52**	.35**	.54**	.33**
8. Perfectionistic concerns							—	.43**	.45**	.15*
9. Uncoordination								—	.42**	.44**
10. High standards									—	.49**
11.Order										—

Legend. * $p \leq .05$. ** $p \leq .01$.

Prediction of parental burnout

Before conducting the regression, multicollinearity was checked, i.e., the strong intercorrelation between independent (predictor) variables. For this purpose, the tolerance coefficient and the variance inflation factor (VIF) were calculated for all predictor variables included. The obtained values showed that they fell within the theoretically recommended limits, indicating that there was no significant multicollinearity between predictors, since the tolerance coefficients were greater than 0.10 and the VIF coefficients were less than 1 (Johnston et al., 2018). Based on this, it can be concluded that there was no significant multicollinearity in the regression model, and it can therefore be interpreted.

In Table 3, hierarchical regression analysis was applied to examine the relative predictive influence of sociodemographic variables (age and educational level of the parent, family financial status, average age and number of children) and different forms of perfectionism in parenting in explaining the variance of the criterion variable – parental burnout.

Table 3. The contribution of sociodemographic variables and parental perfectionism in explaining parental burnout (N =236)

Predictors	1. Step β (SD)	2. Step β (SD)
<i>1.step: sociodemographic characteristics</i>		
Age	-0.1 (0.07)	-0.05 (0.07)
Education	0.9 (0.10)	0.12 (0.10)
Prihodi domaćinstva	-0.8 (0.15)	0.10 (0.03)
Number of children	0.10 (0.02)	0.05 (0.11)
Average age of children	0.06 (0.01)	0.10 (0.05)
<i>2.step: individual characteristics</i>		0.30** (0.03)
Self-oriented perfectionism		
Perfectionistic concerns		0.34** (0.01)
Uncoordination		0.32** (0.02)
High standards		0.07 (0.04)
Order		
R^2	0.05*	0.20**
R_{kor}^2	0.01	0.09
ΔR^2		0.20**

Annotation. β = the value of the standardized regression coefficient (beta-weight); R^2 = multiple correlation coefficient, R^2 = coefficient of multiple determination/total contribution of groups of predictors to the explained proportion of variance; R_{kor}^2 = adjusted total contribution to explained variance; ΔR^2 = delta coefficient of multiple determination/relative contribution of a particular group of predictors in proportion to the explained variance of the criterion. p = level of statistical significance; $SD\beta$ = the standard error of the regression coefficient prediction β ; * $p \leq .05$. ** $p \leq .01$.

In the first regression model, sociodemographic predictors were included (age and education of the parent, family financial status, average age and number of children), while in the second step of the analysis, variables of parental perfectionism were introduced as predictors/independent variables of the parental burnout criterion (self-oriented parenting perfectionism, perfectionistic concerns, uncoordination, high standards, and order as dimensions of child-oriented perfectionism).

The findings of the conducted partial regression suggest that the set of sociodemographic variables in the first step of the analysis did not have a statistically significant effect in explaining maternal parental burnout, i.e., the influence of the partial predictor variables was not statistically relevant (Zhou et al., 2024). After controlling for sociodemographic characteristics, the differentiated forms of parental perfectionism included in the second model of analysis increased the explained proportion of variance in the criterion of parental burnout by 15%. In this regard, partial significant relative effects in a positive direction were manifested by the determinants self-oriented parenting perfectionism ($\beta = 0.30$), perfectionistic concerns ($\beta = 0.34$), and uncoordination ($\beta = 0.32$). The obtained standardized regression beta coefficients suggest that mothers are more prone to parental burnout if they show greater concern with imperfection and greater uncoordination between perfectionistic standards and the actual achievements of their children.

At the same time, it was observed in the regression matrix that the remaining predictor variables did not have a statistically significant contribution in predicting parental burnout. Overall, the combination of all analyzed predictors in the regression model statistically significantly explained a modest 20% of the total variability of the dependent (criterion) variable of parental burnout. Therefore, the alternative hypotheses are confirmed: H_1 – it is assumed that the educational level of parents and the number of children are relevant positive determinants of parental burnout, while parental age, family financial status, and average age of children are negative determinants; and H_2 – it is expected that all forms of the construct of perfectionism in parenting (self-oriented perfectionism, perfectionistic concerns, and child-oriented perfectionism) are positive determinants of parental burnout.

Discussion

Researchers (2011) believe that parenting is idealized on a daily basis as an immeasurable reward, while emotional upbringing, care for children, and the stress that comes with parenting are neglected. In interpreting emotional parenting, as well as the protective and risk dimensions for parental well-being and effective adaptation, attention should be paid to the direction of the current construct of parenting. Accordingly, Martin (James et al., 2025) argues that the younger population decides on parenthood at a later age and has fewer children than previous generations. At the same time, those who plan for parenthood

prepare more thoroughly for the parental role, which can potentially form unrealistic norms and expectations correlated with parental success once they become parents. Furthermore, contemporary civilization often defines accentuated high standards in parenting, publicly presenting the model that informed mothers and fathers, guided by expert instructions, will ensure optimal conditions for the successful development of their children in a stimulating environment. However, such pressures, together with high individual goals in parenting, generate feelings of insecurity, undermine quality of life, diminish the general well-being of mothers and fathers, and hinder adaptation in the parental role (Gabriel et al., 2024; Thanh & Scheidecker, 2025).

Given the still insufficiently interpreted role of different dimensions of parental perfectionism in parental adaptation, the aim of this research was to test the influence of certain sociodemographic variables (age of the parent, their education, family financial status, age and number of children) on different components of parental perfectionism (self-oriented perfectionism, perfectionistic concerns, and child-oriented perfectionism) in predicting burnout among a sample of mothers of children in early childhood. The findings partially confirmed the proposed hypotheses. Specifically, perfectionistic concerns of mothers and uncoordination, in addition to controlling for certain sociodemographic characteristics, emerged as the most relevant determinants of burnout in this sample of mothers. The autonomous influence of sociodemographic characteristics was not identified in the hierarchical regression, even though their interrelations at the bivariate level suggested that younger mothers tend toward self-oriented parenting perfectionism, thereby defining predominantly specific demands and high achievement standards correlated with the perceived parental function. Therefore, younger parents, often at the beginning of their professional career path and the creation of high expectations for themselves in parenting, may struggle to efficiently balance between family, profession, and other established goals.

The obtained findings on the relevant determining contribution of perfectionistic concerns correspond with the results of the study (Holopainen et al., 2025), which suggest a positive correlation between perfectionistic concerns and parental burnout. The authors (Mısır & Yazar, 2025), in their research, emphasize the predictive contribution of perfectionistic concerns to the psychological well-being of parents. Thus, individuals characterized by a higher degree of perfectionistic concern worry about possible failures and imperfections at every step of progress (Ghaffari et al., 2025). Likewise, they repeatedly reflect on personal mistakes and maintain an inflexible black-and-white attitude, equating imperfection with failure. Such a model of attitudes and valuation of personal achievements makes parents more prone to feelings of burnout in the parental role. In addition to the predictor of parental perfectionism characterized by worry about success in parenting, studies emphasize the importance of perfectionistic tendencies that parents orient toward their children, presupposing excellence in children's activities (Aydoğdu & Balci,

2022). In fact, in this study, it was established that the measured predictor uncoordination is a relevant determinant of parental burnout, while the predictors order and high standards did not have a statistically significant influence on the prediction of maternal parental burnout.

The obtained regression parameters are consistent with the results of the study (Hamedani et al., 2023) on the destructiveness of child-oriented perfectionism, since it contributes to parental worry and the perception of unpleasant emotions. These authors consider uncoordination to be the main risk dimension of child-oriented perfectionism. Researchers (Archer et al., 2024) argue that parents who perceive a higher degree of disproportion between expectations of their children and their children's activities are characterized by setting high standards for their children, which generates continuous evaluation of progress toward their achievement. Constant determination and supervision of children's progress toward the defined parental standards become stressful due to ongoing conflicts between children and parents (Archer et al., 2024).

In this context, a child's failure to realize parental perfectionistic expectations intensifies the perception of disproportion and implies that the parent attributes the child's failure to their own competences, believing themselves to be incapable in the parental role (Morkevičiūtė & Endriulaitienė, 2023). Such accumulation of dissatisfaction, anxiety, and constant emotional tension resulting from the realization that the child is not ideal causes the emergence of parental burnout symptoms. Therefore, the mentioned studies suggest that the definition of high standards in children's everyday activities is not decisive for the disruption of parental well-being, but rather the parental experience that their child fails to meet them. The predictor of child-oriented perfectionism can be destructive for both the child and the parents, as it exposes them to considerable strain and emotional stress in parenting (Schaufeli et al., 2023). Thus, uncoordination in expectations represents a burden for perfectionist parents, and those with pronounced child-oriented perfectionism later become chronically exhausted in their parental role.

Future empirical studies focusing on parents, perfectionism, and parental burnout should include larger samples of both mothers and fathers of children at different developmental stages. Accordingly, the central limitation of this research is the convenient, relatively small sample of mothers of children in early childhood, which reduces the generalizability of the obtained findings to the broader parent population. More precisely, there is a stronger pressure on parents of younger children to engage in intensive parenting, which requires more energy and time for children, especially in the preschool period. However, future studies should be oriented toward testing the relations of the variables used on samples of parents of older children. The authors (Brandelli & Mackinnon, 2025) believe that some components of parental perfectionism draw attention to differentiated models of correlation with parameters of parental adaptation of mothers and fathers, while researchers (Aygün & Akbağ, 2025) point to the different effects of mothers' perfectionistic tendencies on the

psychological well-being of their children. Therefore, future studies should also include fathers. Similarly, as in many other studies of perfectionism and parental burnout, this research is based on parents' self-perceptions. It is important to emphasize that self-perceptions do not necessarily represent an objective state due to different factors, such as underdeveloped awareness of one's own experiences and socially desirable responding. An additional methodological limitation of this cross-sectional study is that it prevents drawing conclusions about causal relationships between the examined variables.

Future studies are undoubtedly necessary in this relatively new domain of constructs in parenting, since the tendency toward ideality in the parental role and parental burnout are increasingly frequent phenomena in contemporary generations of parents. The practical implication of the findings of this research lies in defining the dimensions that affect weaker adaptation of parents in the parental role, which may assist professionals working with parents in developing educational programs to support them. Specifically, parental support should be oriented toward current attitudes about complex parenting. Parents should be advised to recognize their own unrealistic expectations of themselves as parents and of their children, since pressures toward ideal parenthood are often intertwined with feelings of inadequacy in parenting. At the same time, uncoordination in expectations is a concern of perfectionist parents, who may later become chronically exhausted in their parental function.

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PERCIPIRANE SOCIODEMOGRAFSKE VARIJABLE
I PERFEKCIONIZAM MAJKI
PREDIKTORI SAGOREVANJA U RODITELJSTVU

Sažetak

Cilj ovog transverzalnog onlajn istraživanja bio je testiranje doprinosa sociodemografskih prediktora (starost roditelja, edukacija, materijalni položaj porodice, uzrast i broj dece) i različitih komponenti perfekcionizma u roditeljstvu (samousmereni perfekcionizam, perfekcionistačke brige i perfekcionizam orijentisan ka deci) u predikciji kriterijuma sagorevanja u roditeljstvu. Prigodni uzorak je obuhvatio 236 majki prosečne starosti 32 godine ($AS = 32.93$, $SD_{\text{godine života}} = 5.86$), dok je dob njihove dece varirala od 2 do 8 godina ($AS = 7.45$, $SD_{\text{godine života}} = 1.10$). Putem interneta primenjeni merni instrumenti: Upitnik sagorevanja u roditeljstvu (PBA), Skala samousmerenog roditeljskog perfekcionizma, Skala perfekcionistačkih briga i Skala perfekcionizma usmerenog na decu, pokazuju zadovoljavajuću pouzdanost interne konzistencije, te se mogu koristiti i na srpskoj populaciji u budućim istraživanjima. Nalazi hijerarhijskih regresionih analiza sugerišu da su statistički značajni prediktori percepcije sagorevanja u roditeljstvu perfekcionizam orijentisan na decu (nekoordiniranost) i perfekcionistačke brige. Otud, dominantna nekoordiniranost između prediktorskih varijabli (roditeljskih očekivanja i dečjih ostvarenja, kao i perfekcionistačke brige) relevantno uz 20% ukupne proporcije varijanse najrelevantnije objašnjavaju roditeljsko sagorevanje majki. Rezultati dobijeni ovim istraživanjem imaju u digitalnom kontekstu teorijske i praktične implikacije i smernice koje mogu poslužiti za identifikaciju i prevenciju roditeljskog sagorevanja, ali i kao temelj za buduće empirijske studije.

Ključne reči: majke, deca, nekoordiniranost, perfekcionistačke brige