

Parental Rearing Patterns, and its Relation to Burnout among Nurses Working at Teaching Hospitals

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Abstract

Parental styles are different ways that parents interact with their children and it has an impact of on various aspects of children's lives in future , including a burnout .The study aims to assess the levels of burnout according dimensions (emotional exhaustion , depersonalization ,and personal accomplishment)and to find out the relationship between parenting styles and burnout. A correlation study has been used in the present study. Purposive sample of (180)nurse are selected through the use of nonprobability approach ,conducted among nurses working at teaching hospitals in kerbala city from the period of 26th September ,2022, to 14thJune, 2023. A pilot study is used to assess the questionnaire's reliability, and panel of (17) experts is used to determine the questionnaire's content validity. Data were collected through uses an instrument consist three parts :demographic information data, Parental Authority Questionnaire (30 items), and Maslach Burnout Inventory(22 items) to measure the problem statement and data were analyzed and interpreted through use application of Statistical Package for Social Sciences (SPSS), version (IBM 22). The study findings indicate that nurses have low level of emotional exhaustion (mean 16.70); high level of depersonalization (mean 14.56), and a high level of personal accomplishment (mean 13.68). In additionally there is a significant correlation between father's parenting style (permissive dimension) and depersonalization and personal accomplishment sub-domains of burnout and there is a significant correlation between mother's parenting style (permissive dimension) and personal accomplishment sub-domains of burnout .Also that there is a significant correlation

between father's parenting style (authoritarianism dimension) and burnout. However, there is a significant relationship between nurses' burnout in three dimensions and job desire. The study concluded that some styles of parental styles have relation with sub-domains of burnout. The researcher recommends preparing awareness programs through various media for parents about instructed in the best positive style that must be followed and negative style that must be avoided in rearing children and importance of parental styles because of its impact on their lives and jobs in the future, also recommends nursing colleges and institution should include research and courses on stress management in nursing, because nursing is unavoidably a stressful profession, these courses may be beneficial for future nurses.

Keywords: Parenting styles , Burnout , Nurse

Introduction

The family plays an essential role in the rearing and formation of children, as well as in the development of society and the production of a generation capable of assuming responsibility, the family provides the child with the necessary care, interest, and direction by providing him with different experiences and methods that help him adjust and communicate with society in accordance with accepted standards (**Biasutti & Nascimento ,2021**). The term "parental rearing styles" was first created by Schaefer in 1959, he suggested four parental styles: authoritarian (affective coldness and high control), overprotective(high warmth and high control), authoritative(high warmth and low control) and neglecting (affective coldness and low control) (**Huang et al.,2015**). Research on child rearing has particularly centered on the role performed by general patterns of parental behaviour, known as parenting styles (**Gorostiaga et al.,2019**). The concept of parenting styles has been defined as the collection of parenting behaviors that can be used to create environment for parent-child interaction in a variety of situations (**Prativa and Deepa ,2019**).Numerous studies have shown that parenting styles have a significant impact on children's development, including lifestyle choices, behavior issues, mental health, and general well-being. In

1967, Baumrind coined the term "parenting style," which refers to a consistent pattern or tendency of parental conduct (**Zheng et al., 2022**). Diana Baumrind is a scholar from University of California, Berkeley, America, focused on parenting research, his insights on parenting have been widely published and become a global reference(**Fadlillah& Fauziah, 2022**). It is important to note that the influence of parenting style on children is generally formed before the age of 16, with little change occurring after that (**Ma et al., 2020**). Teenagers learn and comprehend how to develop a sense of security and acceptance through their family , balanced methods of coping are reflected in adolescent personality, so compatible strategies contribute to the development of a balanced personality, whereas unbalanced methods make adolescents susceptible to mental disorders (**Ali & Mohammed, 2020**). Burnout is a psychological condition that occurs as a result of prolonged exposure to work-related stresses, burnout syndrome is a combination of three sub-syndromes that are characterized by poor personal accomplishment, high emotional exhaustion, and high depersonalization(**Belay et at., 2021**). The International Classification of Diseases (ICD-11) 11th Revision lists it as an occupational phenomenon(**Štěpánek et al., 2023**). Among the problems of the twenty-first century that have been examined the most is burnout, which mostly affects those whose jobs demand them to interact with others and demonstrate empathy(such as teachers and healthcare professionals), but further research has revealed that this condition can also appear in those who were not initially considered to be in danger, such as manual labourers (**Kovács et al., 2023**). In order to provide complex care and treatment to patients, healthcare workers (HCW) are frequently exposed stresses that are emotionally draining, which increases the risk of occupational burnout, nurses had the highest prevalence of burnout among HCWs, according to reports(**Woo et al., 2020**) . Indicating a high level of emotional exhaustion among nurses, as well as a decreased sense of personal achievement (PA) and a detached, cynical attitude toward patients ,this staff group may be the most often impacted by the condition in the hospital setting(**Gómez-Urquiza et al., 2016**). Due to its demanding requirements, practically limited control

over work, lack of social support, and lengthy working shifts, the medical field, and the nursing setting in particular, may be a very stressful job(Qedair et al., 2022).

Methodology

Study Design: A correlation study, the researcher used a descriptive–correlation design because it suitability with the study goals to find out the relationship between parental styles and burnout among nurses working at teaching hospitals in Kerbala city. The study period started from the period of 26th September ,2022, to 14th June, 2023. **Setting of the Study:** Data were collected from academic nurses who worked in four teaching hospitals in Kerbala city(Al–Imam Al –Hussian Medical City, Al–Imam Al– Hassan Al– Mujtaba Teaching Hospital, Kerbala Teaching Hospital for Children and Obstetrics and Gynaecology Teaching Hospital). **Population:** The target population was 335 academic nurses working in four teaching hospitals in kerbala city(Al–Imam Al –Hussian Medical City,Al– Imam Al– Hassan Al– Mujtaba Teaching Hospital, Kerbala Teaching Hospital for Children and Obstetrics and Gynaecology Teaching Hospital)the population of academic nurses from each hospital was 142,144,31,and 18 , respectively. **Sample size:** The sample size was estimated according Soper sample calculator ; the minimum sample size was 128 academic nurses ,considering the possibility of incomplete or non–responses from the participants. The researcher selects a sample of 180 academic nurses to get more representation of sample population and get more accurate results. **Sample Method:** Purposive sample of (180)nurse are selected through the use of nonprobability approach, the population of academic nurses from each hospital was (Al–Imam Al –Hussian Medical City,Al– Imam Al– Hassan Al– Mujtaba Teaching Hospital, Kerbala Teaching Hospital for Children and Obstetrics and Gynaecology Teaching Hospital) 142,144,31,and 18 .Sample number of each hospitl 78,74,14,14 respectively. **AdministrativeArrangements:** Protocol of study and official permission was taken from the College of Nursing/University of Karbala to conducted the study. The College of Nursing's Ethics Committee assessed the study tools (questionnaire) and agreed to proceed with the study after receiving the title and the

questionnaire. Also taking agreement from academic nurse during interview. **Study Instrument:** The researcher uses an instrument consist three parts :demographic information data, Parental Authority Questionnaire , and Maslach Burnout Inventory to measure the problem statement include:**Part I: Demographic Data:**The socio-demographic sheet includes nurse ' age, gender, marital status, , work shift , job desire, monthly income, hospital ,and years of experience. **Part II: Parental Authority Questionnaire:** A short version of the scale of Parental Authority Questionnaire was used, which was built by **Buri (1991)**,the short version of the scale – which was used in the current study taken from the study of (**Bakri& Rimawi ,2019**) .It consisted of 30 items, (15) items for the father and (15) items for the mother covering three dimensions of parental Styles, the Authoritative, and the number of its items is 5 (1,3,6,9,12), while the permissive and the number of its items are 5 (4, 8, 11, 13, 15), and Authoritarian its number of 5 items (2, 5, 7, 10, 14) and the scale has two identical images, one of which measures the mother's treatment style , and the other measures the father's treatment style from the sons' point of view. The response was designed on the questionnaire using the Likert scale method quintet, as follows: strongly agree, agree ,neutral, disagree, strongly disagree.**Part III: Maslach Burnout Inventory:**The American researcher Christina Maslach, with the assistance of the researcher Susan Jackson in 1982, built a scale to measure psychological burnout among workers in the fields of human and social services in the American environment (**Buhara ,2012**) .The scale – which was used in the current study taken from the study of (**Smain & Muhammad,2020**) .It contains 22 items, , some of the items are positively worded , and the other are negatively worded. distributed in three subscales: emotional exhaustion (nine items:1,2,3,6,8,13,14,16, and 20),personal accomplishment (eight items: 4,7,9,12,,17,18,19,and 21), and depersonalization (five items:5,10,11,15,and 22). The paragraphs of the scale are built in the form of statements that ask about the individual's feelings about his profession, and the examined is asked to answer once for each paragraph, and the answer depends on the statements on a sliding scale: 0 (never); 1 (once a year); 2 (once a month);3

(Several times a month), 4(once a week),5(several times a week), and 6 (every day). According to the Maslach Burnout Scale, individuals who score high on both the emotional exhaustion and depersonalization, and low scores on the personal accomplishment dimension suffer from burnout . According to this scale, the individual is not classified on the basis that he suffers or does not suffer from psychological burnout, but is classified on the basis that his degree of burnout ranged between high, moderate, or low. **Validity of the Questionnaire:** To make the instrument more valid, it was presented to a panel of (17) experts (they have more than 10 years of experience in their job field) in the different fields related to the study title, changes and modifications slightly were made based on the experts' suggestions and recommendations in order to best fit to nursing sample.**Pilot Study:** In order to determine the reliability of the study instrument. Some tools were translated into Arabic and applied on (20) Academic nurses working in hospitals(AI-Imam Al -Hussian Medical City and Kerbala Teaching Hospital for Children) time taking to fill the forms before conducting a full-scale study. The average time taken to fill the form was 15-20 minutes which was considered acceptable, The pilot study was conducted from December 21th, 2022, to 25th December 2022. The sample of the pilot study is excluded from the original study.**Reliability of the Instrument:** Cronbach's alpha coefficients were used to test reliability of the current study instrument. The result of the test showed acceptable and demonstrated construct validity. Cronbach's alpha 0.73 for Maslach Burnout Inventory, and Cronbach's alpha 0.70 for Parental Authority Questionnaire. **Data collection:** The self-administer method was used by asking the participants to complete the format of the questionnaire and fulfill the questions. The data collection process has been performed from December 26 th, 2022, to January 8th, 2023. After obtaining permission from Kerbala Health Directorate to conduct the questionnaire in its hospitals and institutions. Then the researcher explaining the purpose of the study in simple way to nurse . An agreement of participation was obtained from academic nurse prior to the interview, the average time required for each respondent of the nurses has taken approximately 15-20 minutes to filling out

the questionnaire form. **Data Analysis:** The data were analyzed and interpreted through use of the application of Statistical Package for Social Sciences (SPSS), version (IBM 22).

Results:

Table (1) Study Sample Demographic Data

Demographic data	Rating and Intervals	Frequency	Percent
Age / Years	<= 25	68	37.8
	26 – 30	90	50.0
	31 – 35	12	6.7
	36 – 40	7	3.9
	41+	3	1.7
	Total	180	100.0
	Male	85	47.2
	Female	95	52.8
	Total	180	100.0
Marital Status	Single	94	52.2
	Married	83	46.1
	Divorced	2	1.1
	Widowed	1	.6
	Total	180	100.0
Work Shifts	Morning	134	74.4
	Evening	46	25.6
	Total	180	100.0
Job Desire	Yes	161	89.4
	No	19	10.6
	Total	180	100.0
Monthly Income	Sufficient	116	64.4
	Insufficient	16	8.9
	Barely sufficient	48	26.7

	Total	180	100.0
Hospital	Al-Imam Al -Hussian Medical City	78	43.3
	Al-Imam Al- Hassan Al- Mujtaba Teaching Hospital	74	41.1
	Kerbala Teaching Hospital for Children	14	7.8
	Obstetrics and Gynaecology Teaching Hospital	14	7.8
	Total	180	100.0
Years of experience	<= 5	146	81.1
	6 – 10	21	11.7
	11 – 15	6	3.3
	16 – 20	7	3.9
	Total	180	100.0

The table (1)shows that the highest percentage is seen with age group of “26–30 year” among 50.0% of nurses followed by age group of “<= 25year” among 37.8%.The gender refers to Female as represented by 52.8% participant nurses. Regarding Marital Status , the majority of study sample reported single represented (52.2%) followed by married represented (46.1%).Concerning the work shifts the highest percentage indicates that morning as reported by 74.4% of participants, while other participants from evening represented only (25.6%).In relation to the job desire the highest percentage indicates (Yes) represented (89.4%) , while other participants indicates (No) represented only (10.6%) . Regarding monthly income , the highest percentage of study sample were sufficient represented (64.4%).Regarding hospital highest percentage of Al- Imam Al -Hussian Medical City represented (43.3%).Concerning years of experience highest percentage indicates (<= 5) represented (81.1%).

Table (2) Assessment of Parenting Style

Parenting Styles	Father				Mother			
	Mean	Std. Deviation	Assessment	%	Mean	Std. Deviation	Assessment	%
Authoritative	2.57	0.81	Moderate	51.44	2.43	0.72	Moderate	48.69
Permissive	2.08	0.68	Low	41.67	2.15	0.70	Low	42.95
Authoritarianism	2.01	0.79	Low	40.25	1.88	0.76	Low	37.64

%, Percentage , Std: Standard deviation

Low (mean 1–2.33), moderate (mean 2.34–3.67), high (mean 3.68–5.1)

Table (2) manifests the items of assessment of parenting style (father & mother); the average total means indicate that nurses facing a moderate level of authoritative (father & mother), low level both permissive and authoritarianism parenting styles.

Table (3) Assessment of Burnout

Dimensions Burnout	Levels	Frequency	Percent	Mean	Assessment
Emotional Exhaustion	Low Level Burnout	94	52.2	16.70	Low Level Burnout
	Moderate Burnout	84	46.7		
	High Level Burnout	2	1.1		
	Total	180	100.0		
Depersonalization	Low Level Burnout	15	8.3	14.56	High-level burnout
	Moderate Burnout	52	28.9		
	High Level Burnout	113	62.8		
	Total	180	100.0		
Personal Accomplishment	High Level Burnout	179	99.4	13.68	High-level burnout
	Moderate Burnout	1	.6		
	Total	180	100.0		

Emotional Exhaustion (Total 17 or less: Low-level burnout Total between 18 and 29 inclusive: Moderate burnout Total over 30: High-level burnout), **Depersonalization** (Total 5 or less: Low-level burnout Total between 6 and 11 inclusive: Moderate burnout Total of 12 and greater: High-level burnout), **Personal Accomplishment** (Total 33 or less: High-level burnout Total between 34 and 39 inclusive: Moderate

burnout Total greater than 40: Low-level burnout)

Table (3) depicts the assessment of burnout among the study sample. The average total means indicate that nurses have low level of emotional exhaustion (mean 16.70); high level of depersonalization (mean 14.56), and a high level of personal accomplishment (mean 13.68).

Table (4) Correlation Between the Parenting Styles and Burnout

Parenting Styles	Spearman's Correlation Parameters	Burnout		
		Emotional Exhaustion	Depersonalization	Personal Accomplishment
Father Parenting Style (Authoritative Dimension)	Correlation Coefficient	.013	.047	.083
	Sig. (2-tailed)	.860	.532	.270
Mother Parenting Style (Authoritative Dimension)	Correlation Coefficient	.015	.010	.040
	Sig. (2-tailed)	.845	.894	.598
Mother Parenting Style (Permissive Dimension)	Correlation Coefficient	.015	.091	.161*
	Sig. (2-tailed)	.846	.225	.031
Father Parenting Style (Permissive Dimension)	Correlation Coefficient	.108	.157*	.231**
	Sig. (2-tailed)	.151	.035	.002
Father Parenting Style (Authoritarianism Dimension)	Correlation Coefficient	.241**	.304**	.183*
	Sig. (2-tailed)	.001	.000	.014
Mother Parenting Style (Authoritarianism Dimension)	Correlation Coefficient	.073	.113	.131
	Sig. (2-tailed)	.327	.131	.080

** . Correlation is significant at the 0.01 level (2-tailed).

* . Correlation is significant at the 0.05 level (2-tailed). Sig= Significance

Table (4) reveals that there is no significant correlation between father's and mother's parenting style (authoritative dimension) and burnout. Additionally, there is no

significant correlation between mother’s parenting style (permissive dimension) and burnout except personal accomplishment. Moreover, there is a significant correlation between father’s parenting style (permissive dimension) and depersonalization and personal accomplishment sub-domains of burnout. Regarding the authoritarianism dimension of father’s parenting style, the results indicate that there is a significant correlation between father’s parenting style (authoritarianism dimension) and burnout. While, there is a no significant correlation between mother’s parenting style (authoritarianism dimension) and burnout .

Table (5) Relationship between Nurses’ Burnout / Emotional Exhaustion and their Demographic Data

Demographic Data	Rating and Intervals	Emotional Exhaustion			Chi-square value	d.f.	p-value
		Low Level Burnout	Moderate Burnout	High Level Burnout			
Age / Years	<= 25	37	31	0	8.281	8	.407 NS
	26 – 30	44	45	1			
	31 – 35	6	5	1			
	36 – 40	5	2	0			
	41+	2	1	0			
Total		94	84	2			
Gender	Male	42	41	2	2.564	2	.278 NS
	Female	52	43	0			
Total		94	84	2			
Marital Status	Single	50	43	1	3.098	6	.796 NS
	Married	42	40	1			
	Divorced	2	0	0			
	Widowed	0	1	0			
Total		94	84	2			
Work Shifts	Morning	73	60	1	1.541	2	.463 NS
	Evening	21	24	1			
Total		94	84	2			
Job Desire	Yes	90	70	1	10.570	2	.005 S
	No	4	14	1			
Total		94	84	2			
Monthly Income	Sufficient	66	50	0	8.793	4	.066

	Insufficient	5	10	1			NS
	Barely sufficient	23	24	1			
	Total	94	84	2			
Hospital	Al-Imam Al – Hussian Medical City	38	39	1	9.508	6	.147 NS
	Al-Imam Al- Hassan Al-Mujtaba Teaching Hospital	45	29	0			
	Kerbala Teaching Hospital for Children	5	8	1			
	Obstetrics and Gynaecology Teaching Hospital	6	8	0			
	Total	94	84	2			
Years of experience	<= 5	74	71	1	4.608	6	.595 NS
	6 – 10	11	9	1			
	11 – 15	4	2	0			
	16 – 20	5	2	0			
	Total	94	84	2			

P= Probability, N.S= Not significant, S= Significant, df = Degree of freedom

Table (5) shows no-significant relationship between nurses' burnout / emotional exhaustion and their (age / years, gender, marital status, work shifts, monthly income , and years of experience) at p-values >0.05. And there is a significant relationship between nurses' burnout / emotional exhaustion and (job desire) at p-values <0.05 .

Table (6) Relationship between Nurses' Burnout / Depersonalization and their Demographic Data

Demographic Data	Rating and Intervals	Depersonalization			Chi-square value	d.f.	p-value
		Low Level	Moderate	High Level			

		Burnout	Burnout	Burnout			
Age / Years	<= 25	5	21	42	10.714	8	.218 NS
	26 – 30	5	25	60			
	31 – 35	2	3	7			
	36 – 40	2	3	2			
	41+	1	0	2			
Total		15	52	113			
Gender	Male	7	25	53	.022	2	.989 NS
	Female	8	27	60			
Total		15	52	113			
Marital Status	Single	8	27	59	5.559	6	.474 NS
	Married	6	25	52			
	Divorced	1	0	1			
	Widowed	0	0	1			
Total		15	52	113			
Work Shifts	Morning	14	45	75	10.682	2	.005 S
	Evening	1	7	38			
Total		15	52	113			
Job Desire	Yes	15	51	95	9.331	2	.009 S
	No	0	1	18			
Total		15	52	113			
Monthly Income	Sufficient	14	37	65	9.206	4	.056 NS
	Insufficient	0	3	13			
	Barely sufficient	1	12	35			
Total		15	52	113			
Hospital	Al-Imam Al – Hussian Medical City	5	21	52	12.048	6	.061 NS
	Al-Imam Al- Hassan Al-Mujtaba Teaching Hospital	6	26	42			
	Kerbala Teaching Hospital for Children	0	3	11			
	Obstetrics and Gynaecology Teaching Hospital	4	2	8			
Total		15	52	113			
Years of	<= 5	10	41	95	21.475	6	.002

experience	6 – 10	0	8	13			S
	11 – 15	3	2	1			
	16 – 20	2	1	4			
Total		15	52	113			

P= Probability, N.S= Not significant, S= Significant, df = Degree of freedom

Table (6) manifests that there is no-significant relationship between nurses' burnout / depersonalization and their (age / years , gender, marital status, and monthly income) at p-values >0.05. And there is a significant relationship between nurses' burnout / depersonalization and their (work shifts, job desire, years of experience) at p-values <0.05 .

Table (7) Relationship between Nurses' Burnout / Personal Accomplishment and their Demographic Data

Demographic Data	Rating and Intervals	Personal Accomplishment		Chi-square value	d.f.	p-value
		High Level Burnout	Moderate Burnout			
Age / Years	<= 25	68	0	1.006	4	.909 NS
	26 – 30	89	1			
	31 – 35	12	0			
	36 – 40	7	0			
	41+	3	0			
Total		179	1			
Gender	Male	85	0	.900	1	.343 NS
	Female	94	1			
Total		179	1			
Marital Status	Single	93	1	.920	3	.821

	Married	83	0			NS
	Divorced	2	0			
	Widowed	1	0			
Total		179	1			
Work Shifts	Morning	134	0	2.929	1	.087 NS
	Evening	45	1			
Total		179	1			
Job Desire	Yes	161	0	8.521	1	.004 S
	No	18	1			
Total		179	1			
Monthly Income	Sufficient	116	0	10.307	2	.006 S
	Insufficient	15	1			
	Barely sufficient	48	0			
Total		179	1			
Hospital	Al-Imam Al – Hussian medical city	78	0	1.440	3	.696 NS
	Al-Imam Al- Hassan Al-Mujtaba teaching hospital	73	1			
	Kerbala Teaching Hospital for Children	14	0			
	Obstetrics and Gynaecology Teaching Hospital	14	0			
Total		179	1			
Years of experience	<= 5	145	1	.234	3	.972 NS
	6 – 10	21	0			
	11 – 15	6	0			
	16 – 20	7	0			
Total		179	1			

P= Probability, N.S= Not significant, S= Significant, df = Degree of freedom

Table (7) indicates that there is no-significant relationship between nurses' burnout / personal accomplishment and their demographic data, except the monthly income &

job desire that has a significant relationship with nurses' burnout / personal accomplishment .

Discussion:

The result of the current study mentioned that the average total means indicate that nurses facing a moderate level of authoritative style (father & mother) . low level both permissive and authoritarianism parenting styles. This result agree with study's finding done by **(Bakri and Rimawi(2019))** the findings were showed that the level of the authoritative dimension of parental styles of both parents was moderate, this result symmetry with present study. Concerning assessment of burnout the study found that nurses have low level of emotional exhaustion , and high level of depersonalization and personal accomplishment. This results come with **Abukhader et al.(2020)** which revealed that nurses have high level of depersonalization and personal achievement. Study done by **Mansour and Hussein(2020)** which it found nurses have high level score of personal achievement, this result supported present study. Furthermore, the finding of the current study similar to the finding of Turkish study carried out on 140 nurses done by **Güler et al.(2022)** that stated of the nurses have a high level of depersonalization, personal achievement . Also the results are consistent with study conducted by **McNeely et al.(2022)** which shows staff worked in the emergency department greater than 10 years scored higher than their counterparts on depersonalization , and lack of personal achievement . In addition study conducted by **Ling et al.(2020)** results shows depersonalization at high level. A Cross–Sectional study was tested the incidence and risk factors correlated with job burnout among nursing in PHC, which it found nursing professionals have high level of depersonalization and personal achievement , this result consistent with present study **(Merces et al., 2020)**. Also Study **Al–Omari et al.(2019)** conducted expecting burnout levels risk factors among healthcare worker by (892) health worker indicated nurses have high level of personal achievement ,and depersonalization. In addition, the a meta–Analytic Study in Spain by **Molina–Praena et al.(2018)** that found nurses have high level of depersonalization ,this result agree with current study. In a

follow –up study done by **Bešević–Ćomić et al.(2014)** showed nurses have a high level of personal accomplishment .Also study done by **Moya–Salazar et al.(2023)**; **Yue et al.(2022)** researchers who found that participants reported low levels of emotional exhaustion ,this results agree with current study. The present study findings inconsistent with study **Rezaei et al.(2019)** the findings showed that depersonalization and personal achievement at low level and emotional exhaustion at high level. According Correlation Between the Parenting Styles and Burnout the findings reveals that there is no significant correlation between father’s and mother’s parenting style (authoritative dimension) and burnout. This suggests that parents who exhibit an authoritative parenting style, which is characterized by high levels of warmth and support combined with reasonable levels of discipline and control, may not be at increased risk of experiencing psychological burnout. This finding is consistent with the study **Asrar and Shakerinia(2015)** which showed that authoritative parenting style was a significant positive predictor of adaptive behavior. This means that nurses with this type of parenting are able to bear the pressures and requirements of work and develop adaptive skills that make them safe from psychological burnout. Additionally, there is no significant correlation between mother’s parenting style (permissive dimension) and burnout except personal accomplishment. Moreover, there is a significant correlation between father’s parenting style (permissive dimension) and depersonalization and personal accomplishment sub–domains of burnout. Research has shown that parenting style can have an impact on a child's psychological well–being, and that permissive parenting in particular has been associated with higher levels of anxiety, depression, and other negative outcomes. Additionally, burnout has been linked to a range of factors, including high workload, low job control, and poor social support. Therefore, it is possible that a permissive fathering style could contribute to burnout in his children, particularly in the areas of depersonalization (feeling disconnected from others) and personal accomplishment (feeling a sense of inadequacy or decreased self–esteem). Because father’s parenting style (permissive dimension) may lead to the formation of a child's personality that tends not to adhere to rules and challenges, to prefer rest and relaxation, and to create children who lack sufficient self–control and self–superiority,

which may later lead to frustration and dissatisfaction in working as a nurse. It may also lead to the formation of a child's personality that lacks responsibility and attention to detail, and this can affect the nurse's ability to carry out his tasks efficiently, which makes nurses with this style of parenting face problems(**Barber et al.,2005; Edú–Valsania et al.,2022**). Regarding the authoritarianism dimension of father's parenting style, the results indicate that there is a significant correlation between father's parenting style (authoritarianism dimension) and burnout. This result is consistent with the study **Huang et al.(2022)** in China, which showed that negative parenting style negatively affects the psychological well-being of nursing students. And it agrees with the study **Zhang et al.(2023)** in China also, which stated that it showed that harsh parental discipline may lead to weakening individual emotional security, which leads to anxiety and anger, and a previous study by **Wang et al.(2016)** show that demonstrated that severe parental discipline significantly increases the risk of internalizing problematic problems (such as depression and anxiety). While, there is a no significant correlation between mother's parenting style (authoritarianism dimension) and burnout . This may be due to the emotional nature of the mother, who is no match for the father in his use of the authoritarian parenting style in raising the child. So it can be said that the mother's parenting style isn't a significant factor in predicting or influencing psychological burnout among nurses. Concerning relationship between nurses' burnout / emotional exhaustion and their demographic data , the outcomes of current study indicates that no-significant relationship between nurses' burnout / emotional exhaustion and their (age / years, gender, marital status, work shifts, monthly income , years of experience). And there is a significant relationship between nurses' burnout / emotional exhaustion and (job desire). (**Devebakan(2019)** mention that emotional exhaustion not statistically significant different in terms of age, gender ,and marital status, which was suitable for the current study. These results disagreed with **Abukhader et al.(2020)**) which showed (gender, work shift) have significant effect on the three burnout dimensions (emotional exhaustion). In addition the study conducted by **Wang et al.(2020)** which appear that emotional exhaustion correlated with age ,gender, marital status, and years of practice. likewise

study conducted by **Yektatalab et al.(2019)** which results that income level had a significant correlation with emotional exhaustion . Concerning job desire there is a significant relationship with nurses' burnout / emotional exhaustion,this result was similar to a study conducted by **Mansour and Hussein(2020)** which found that there is a relationship between degree satisfied with current work and burnout level .Also these findings are come in agreement with previous studies by **Behilak et al.(2020)**; **Chowdhury et al.(2023)**;and **Yue et al.(2022)** researchers found that there was a significant negatively association between job burnout and job satisfaction and majority nurses had high burnout levels and had low levels of job satisfaction. Furthermore study done by **Valdez et al.(2019)** the reported that there was a significant positive correlation between job satisfaction and burnout. Also this is in agreement with previous studies that conduct done by**Hajibabae et al.(2022)**they reported that showed an inverse and significant relationship between nurses' job satisfaction and emotional exhaustion. Regarding relationship between nurses'burnout / depersonalization and their demographic data, indicates that there is no-significant relationship between nurses' burnout / depersonalization and their (age / years , gender, marital status, monthly income).This result is supported by**Devebakan (2018)** which revealed depersonalization not statistically significant different in terms of age , gender , and marital status . This results contradict with study **Yektatalab et al.(2019)** reported income level had a significant correlation with depersonalization. Depersonalization were correlated with age ,gender, and marital status another findings that conflict our study result(**Wang et al.,2020**). Additionally, **Turan et al.(2019)**found that there was a statistically significant between depersonalization and gender, age, and income status.In connection with relationship between nurses' burnout / depersonalization and their demographic data of sample shown there is a significant relationship between nurses' burnout / depersonalization and their (work shifts, job desire, years of experience).The present study results consistent with finding of **Abukhader et al.(2020)** they found relation between work shift and depersonalization .In addition, **Wang et al.(2020)** discovered depersonalization were correlated with years of practice, this finding in the same line with

our study. The finding of current study supporting previous research findings done by **Hajibabae et al.(2022)** they reported that showed an inverse and significant relationship between nurses' job satisfaction and depersonalization. Also the results are similar with present study conducted by **Mansour and Hussein(2020)** which shows that there is a relationship between degree satisfied with current work and burnout level.Finally regarding relationship between nurses'burnout / personal accomplishment and their demographic data, the findings shows there is no-significant relationship between nurses' burnout / personal accomplishment and their demographic data, except the monthly income & job desire that has a significant relationship with nurses' burnout / personal accomplishment . This results was similar to a study by **Devebakan (2018)** which revealed not statistically significant between personal accomplishment and age, gende , and marital status. This result contradict with results of previous study **Abukhader et al.(2020)** that mention gender, work shift have significant effect on personal accomplishment. In the same line study **Qu and Wang(2015)** who found there are statistically significant between personal accomplishment and age, marital status,and years of nursing experience. Regarding monthly income & job desire that has a significant relationship with nurses' burnout / personal accomplishment.This results was similar to study conducted by **Yektatalab et al.(2019)** which it found that income level had a significant correlation with personal accomplishment. The finding of current study supporting previous research findings done by **Hajibabae et al.(2022)** they reported that showed an inverse and significant relationship between nurses' job satisfaction and personal accomplishment . Also the results are consistent with previous study conducted by **Mansour and Hussein(2020)** which shows that there is a relationship between degree satisfied with current work and burnout level. Furthermore, the finding of the current study similar to the finding study of researchers **Koen et al.(2020)**; **Yue et al.(2022)** that they reported negative correlation between burnout and job satisfaction ,refer that higher levels of burnout are related with lower levels of job satisfaction in this people. Also This is in agreement with previous studies that conduct done by**Valdez et al.(2019)** the reported that there was a significant positive correlation between job satisfaction and burnout.

Conclusions: The parenting style of both fathers and mothers of nurses is primarily authoritative, with a moderate level. In contrast, the permissive and authoritarianism parenting styles were found to be low. A majority of nurses experience a low level of emotional exhaustion and a high level of depersonalization and personal accomplishment in dimension of burnout. A permissive parenting style of mothers associated with personal accomplishment among nurses . In addition a permissive parenting style of fathers associated with depersonalization and personal accomplishment sub-domains of burnout. Also there is a significant correlation between father's parenting style (authoritarianism dimension) and burnout . However, the study found that the job desire may be an important factor that is related to nurses' burnout dimensions .finally the study found a significant relationship between nurses' burnout (depersonalization) and work shifts, and years of experience, also the study found a significant relationship between nurses' burnout (Personal Accomplishment) and monthly Income.

Recommendations:

- 1- The researcher recommends preparing awareness programs through various media for parents about instructed in the best positive style that must be followed and negative style that must be avoided in rearing children and importance of parental styles because of its impact on their lives and jobs in the future.
- 2- The researcher recommends that nursing colleges and institution should include research and courses on stress management in nursing, because nursing is unavoidably a stressful profession, these courses may be beneficial for future nurses.
- 3- The researcher recommends that more studies be conducted about parenting styles and its relation to burnout among nurse.
- 4- Providing support and resources for managing stress and promoting self-care practices between nurses. Additionally, promoting a positive work environment and culture may help to prevent burnout among nurses and improve their overall well-being.

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