

ECDP 2017

The big five personality traits and parental burnout

Sarah LE VIGOUROUX, Céline SCOLA, Marie-Emilie RAES,
Moïra MIKOLAJCZAK, & Isabelle ROSKAM



- Observation : Inter-individual Differences in Parental Burnout
- Not only the environmental factors, but also the dispositional factors
(Mikolajczak, Raes, Avalose, & Roskam, in-press)
- Influence of personality?
(meta-analysis on personality and parenting: Prinzie et al., 2009)

Personality

- **Big-Five** (Costa et McCrae, 1999)

Neuroticism

Agreeableness

Openness

Conscientiousness

Extraversion

Personality & Parenting

- **Big-Five** (Costa et McCrae, 1999) and relations with parenting (Prinzle et al., 2009)



Neuroticism

Frequent worries and greater emotional instability, including more frequent and more intense negative affect.

Highly neurotic parents react more intensely to life events. This tendency toward negative emotionality increases the proportion of negative affective interactions with their children, and hampers their ability and desire to respond adequately to their children's signals.

Personality & Parenting

- **Big-Five** (Costa et McCrae, 1999) and relations with parenting (Prinz et al., 2009)



Agreeableness

Agreeableness is characterized by friendly and empathic behaviors.

Agreeable individuals are helpful, warm, altruistic, generous and loving. Agreeable parents make more positive attributions about their children's behaviors and are better able to identify and respond to their needs.

Personality & Parenting

- **Big-Five** (Costa et McCrae, 1999) and relations with parenting (Prinzle et al., 2009)

Conscientiousness manifests itself in self-discipline, order and planning behaviors. Conscientious people report fewer negative affect, especially guilt, and are better able to automatically downregulate negative affect.

Conscientious parents adhere to childrearing norms that allow them to create a more structured and coherent environment.



Conscientiousness

Personality & Parenting

- **Big-Five** (Costa et McCrae, 1999) and relations with parenting (Prinzle et al., 2009)

Extraversion is characterized by dynamism, energy, and sociability. Extraverted individuals appreciate people and large groups, are active and loquacious and have a certain will to dominate.

Extraversion is thought to boost parenting, eliciting more active and affirmative behaviors in disciplinary interactions.



Extraversion

Personality & Parenting

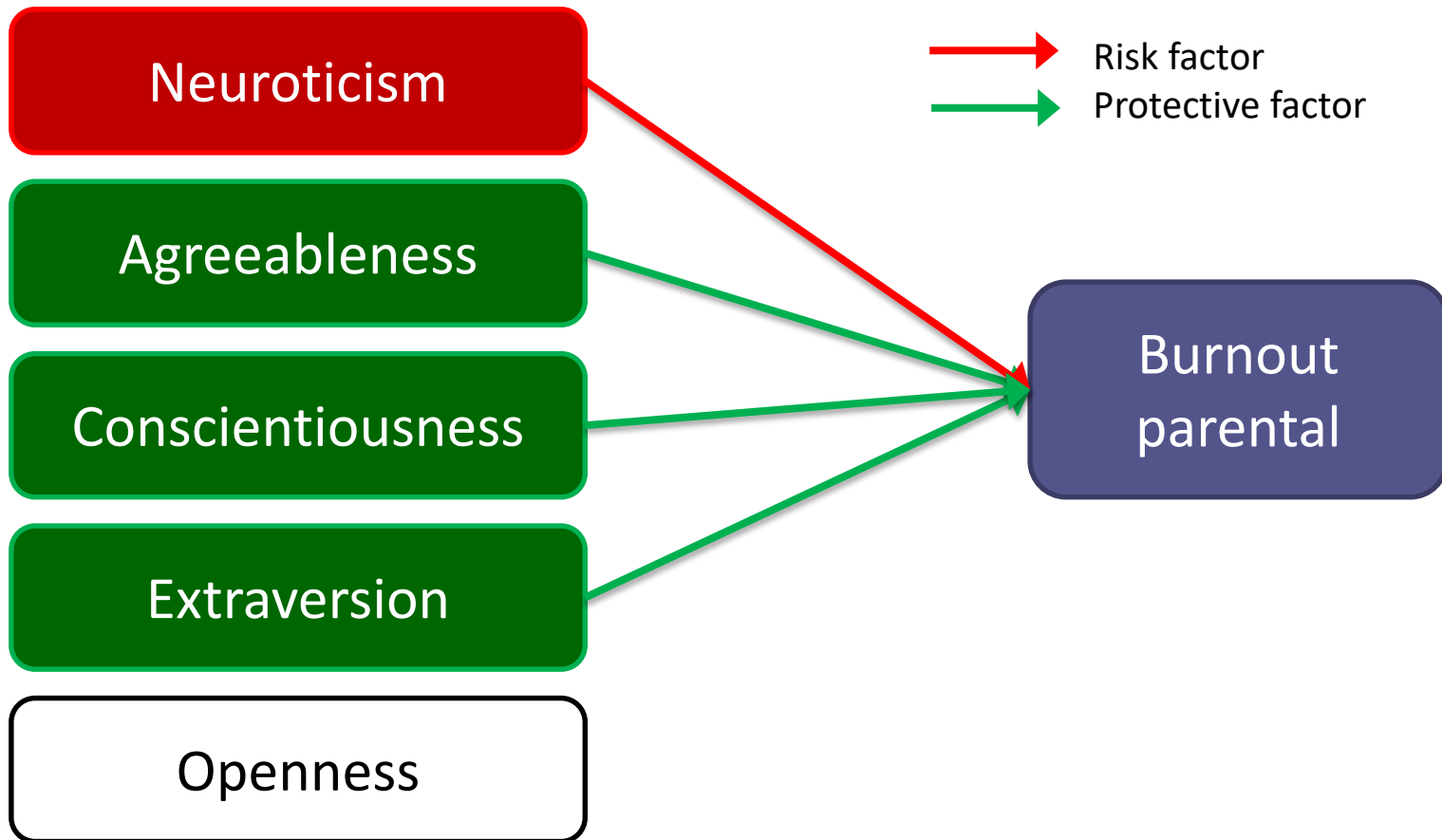
- **Big-Five** (Costa et McCrae, 1999) and relations with parenting (Prinz et al., 2009)



Openness

Parents with a high level of openness, meanwhile, provide greater stimulation for their children.

Hypothesis



Method

- 2 studies : by questionnaires

Study 1

1723 french-speaking parents
(1499 mothers – age: $\mu=40$ (8;3))

Study 2

292 french-speaking parents
(249 mothers – age: $\mu=36;9$ (7;6))

Parental Burnout: Parental Burnout Inventory

(Roskam, Raes, & Mikolajczak, 2017)

Personality: Ten-Items

Personality inventory

(Gosling, Rentfrow, & Swann, 2003)

Personality: Alter-Ego

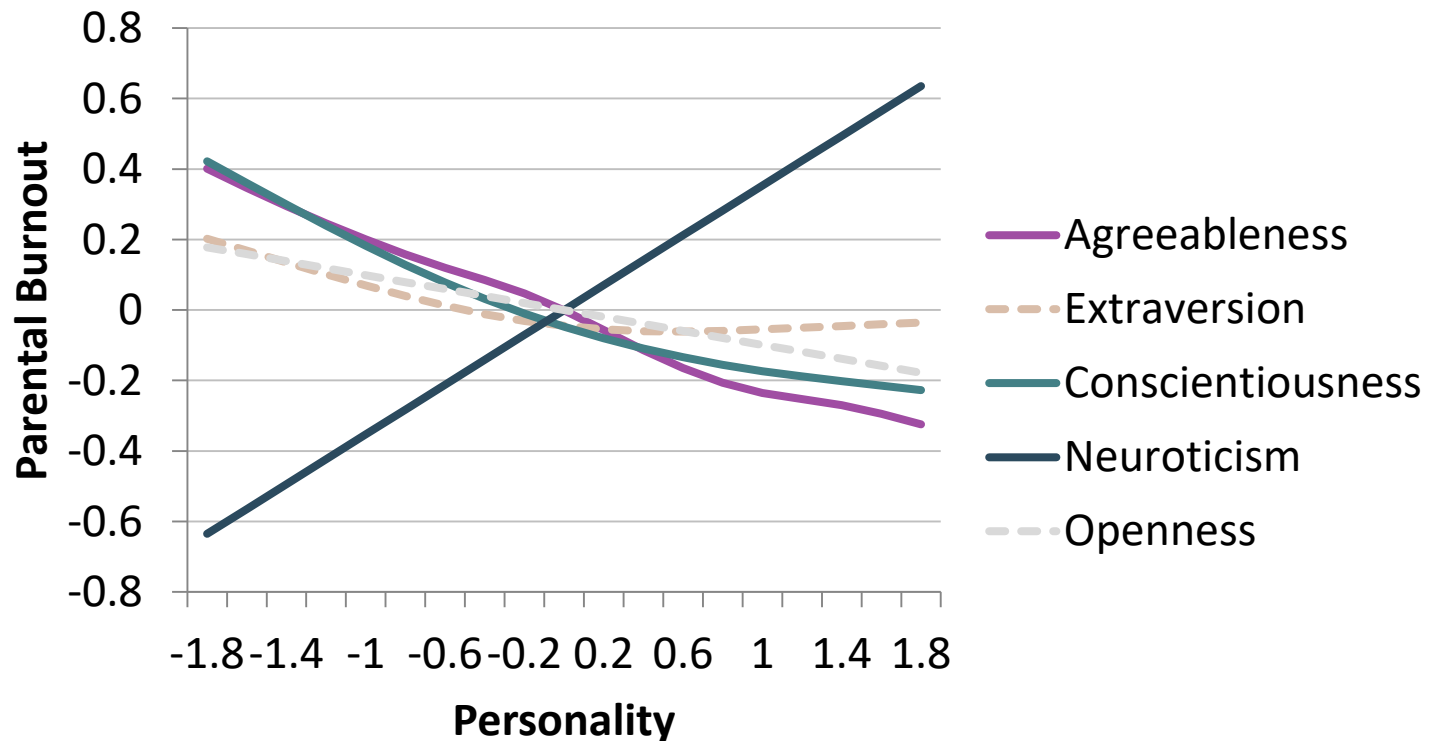
(Caprara, Barbaranelli, & Borgogni,

1993)

Results – Study 1

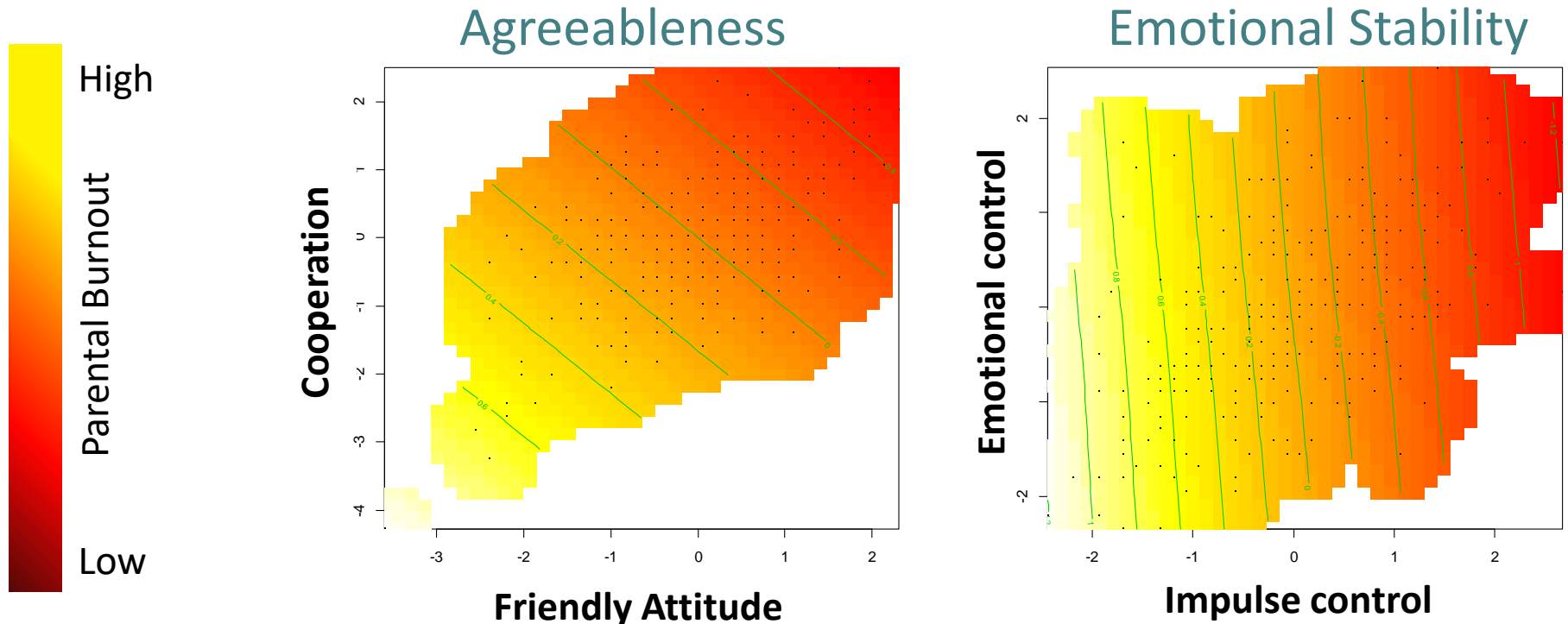
- The data were analyzed using Generalized Additive Models (GAMs)

Burnout Parental \sim s(N)+s(E)+s(C)+s(A)+S(O) Deviance explained = 16%



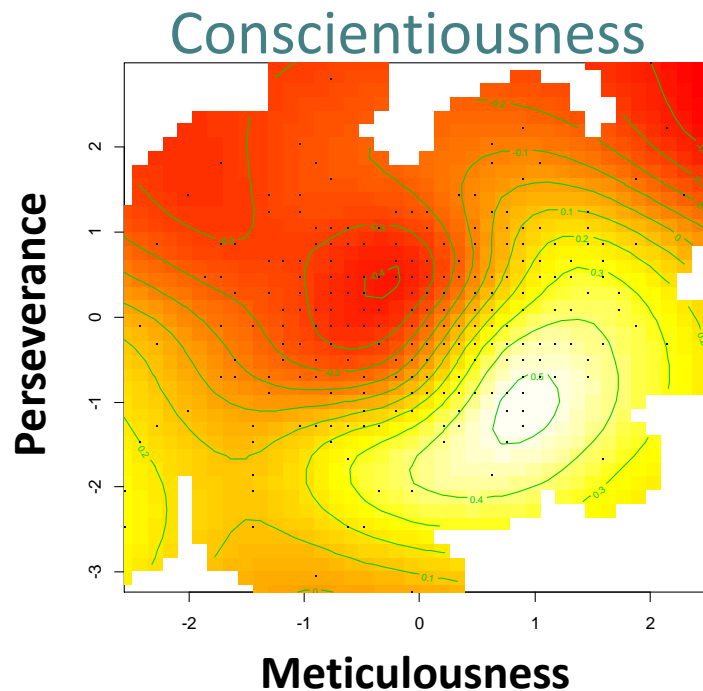
Results – Study 2

- Study of the interactions between facets of personality traits

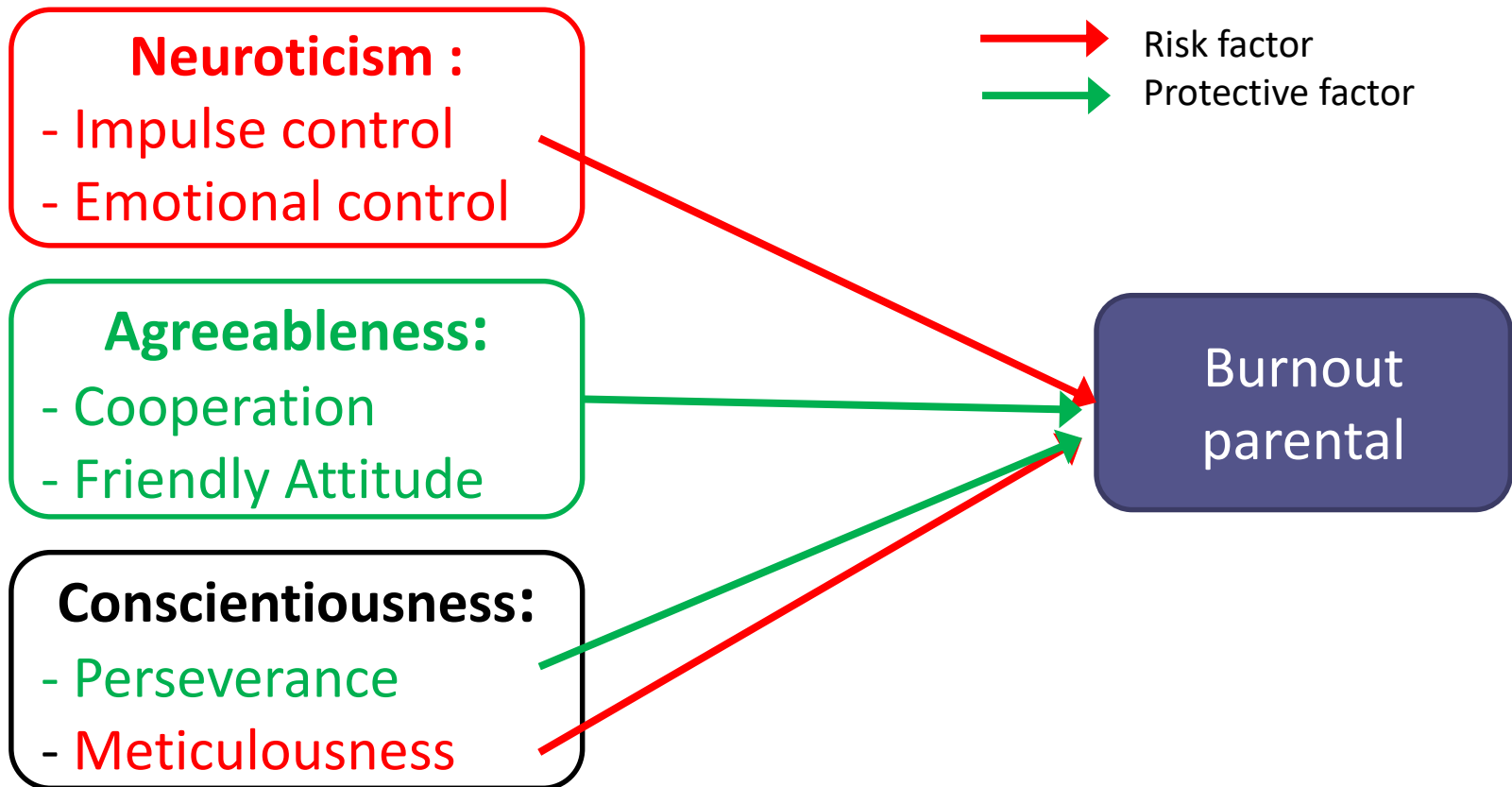


Results – Study 2

- Study of the interactions between facets of personality traits



Conclusion



Discussion

- Relationship between parents' personality and children's personality



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Thank you for your attention

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Contact : Sarah LE VIGOUROUX - sarah.le-vigouroux@univ-amu.fr



Results – Study 1

- Interaction between personality traits

