



# The Interaction of Teacher and Parent Burnout and Preschooler's Social-Emotional Competence and Behavioral Self-Regulation



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## QUESTIONS

1. Is the risk factor of teacher burnout related to social-emotional competence (SEC) and self-regulation in the spring of preschool?
2. Does low parent burnout act as a protective factor in the relation of teacher burnout and SEC and self-regulation?

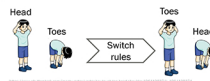
## MEASURES

**Teacher and parent burnout:** Validated questionnaires

(Marsch & Jackson, 1982; Rockswold, Fuchs, & Kohnstoppel, 2017)

**SEC:** Teacher rated Social Skills Improvement System Rating Scale (SSIS; Gresham & Elliot, 2008)

**Self-regulation:** Head-Toes-Knees-Shoulders (HTKS; McClelland et al., 2014)



## RESULTS

Figure 1

Interaction of Teacher and Parent Burnout on Spring of Pre-K Social Skills

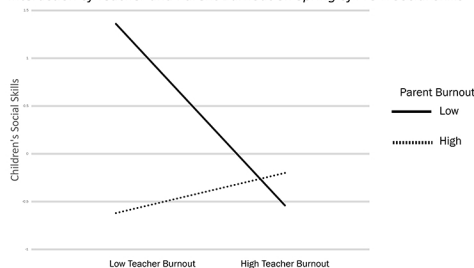
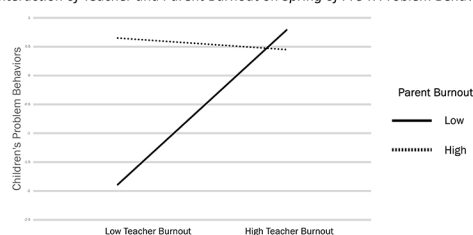


Figure 2

Interaction of Teacher and Parent Burnout on Spring of Pre-K Problem Behaviors



## RESULTS

**Q1:** Is teacher burnout related to social-emotional competence (SEC) and self-regulation in the spring of preschool?

**A1:** Teacher burnout was not significantly related to social skills and self-regulation, but it was related to problem behaviors ( $\beta = -.28$ ,  $SE = .11$ ,  $p = .01$ ).

**Q2:** Does low parent burnout act as a protective factor in the relation of teacher burnout and SEC and self-regulation?

**A2:** We found significant interactions between teacher and parent burnout on social skills ( $\beta = .58$ ,  $SE = .18$ ,  $p = .001$ ; Figure 1) and on problem behaviors ( $\beta = -.72$ ,  $SE = .18$ ,  $p < .001$ ; Figure 2). As teacher burnout decreased, child social skills increased and problem behaviors decreased, for children whose parents reported low burnout.

## CONCLUSIONS

The findings of this study suggest that having a teacher as well as a parent with low burnout is important for children's social-emotional competence. This study elucidates the importance of considering burnout across children's caregivers in intervention work, caregiver trainings, and future studies.

## REFERENCES

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## BACKGROUND

1. Teacher burnout is linked to adverse child outcomes including problem behaviors and poorer academic achievement (Friedman-Krauss et al., 2014; Madigan & Kim, 2021).
2. Lower parent burnout and higher parent well-being has been associated with social skill development (Hauser-Cram et al., 2001).
3. Preschooler's SEC and self-regulation are essential to later cognitive (Savina, 2021) and social development (Spivak & Farran, 2016).

## METHODS

**Participants:** 126 preschool children (42% female;  $M_{age} = 5.1$  years) lived at or below 127% of the federal poverty level.

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