"THE WORST IS YET TO COME !"

ARE PARENTS' STORM AND STRESS BELIEFS ABOUT ADOLESCENCE LINKED TO PARENTAL OVERPROTECTION AND PARENTAL BURNOUT ?

Grégoire Zimmermann[1], Jean-Philippe Antonietti, Geneviève Mageau[2], Bénédicte Mouton[3], & Stijn Van Petegem[3,4]

[1] FAmily and DevelOpment reseearch center - FADO, University of Lausanne
[2] Department of Psychology, University of Montreal
[3] Université Libre de Bruxelles
[4] F.R.S.-FNRS Research Associate, Belgium

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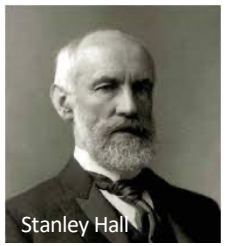
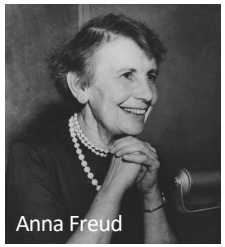
LITTLE CHILDREN, LITTLE PROBLEMS
BIG CHILDREN, BIG PROBLEMS !





- **Classical view of adolescence** (universal and inevitable)
  - → Rebellious and conflictual;
  - → Emotional;
  - → Prone to risk behaviors.

- **Contemporary scientific view**
  - → Most adolescents **do not go through** this so-called « normative turmoil » (e.g., Arnett, 1999; Douvan & Adelson, 1966; Hadiwijaya, et al., 2017; Offer & Offer, 1975)
  - → Heterogeneous and context-dependent.

A CLICHÉ AND LASTING PORTRAIT OF ADOLESCENCE…

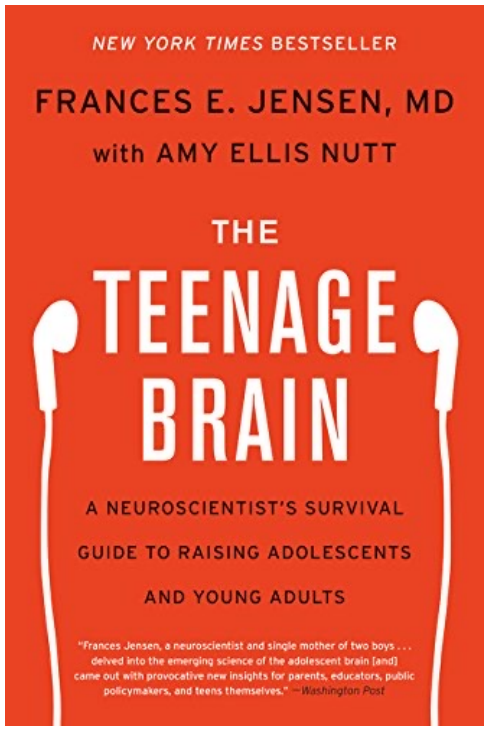
1955

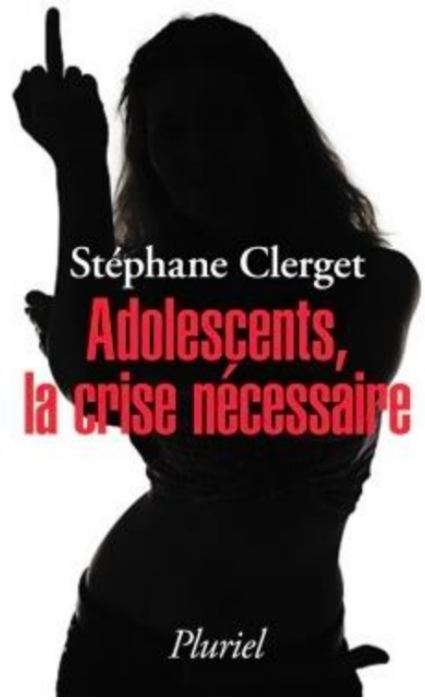
1986

2019

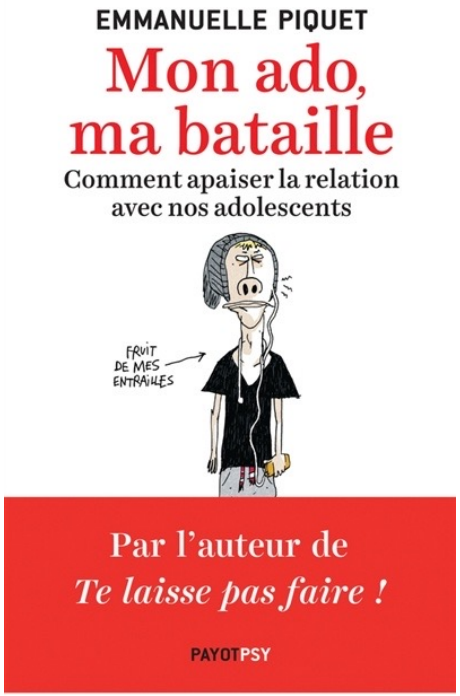
A CLICHÉ AND LASTING PORTRAIT OF ADOLESCENCE

In parenting books…

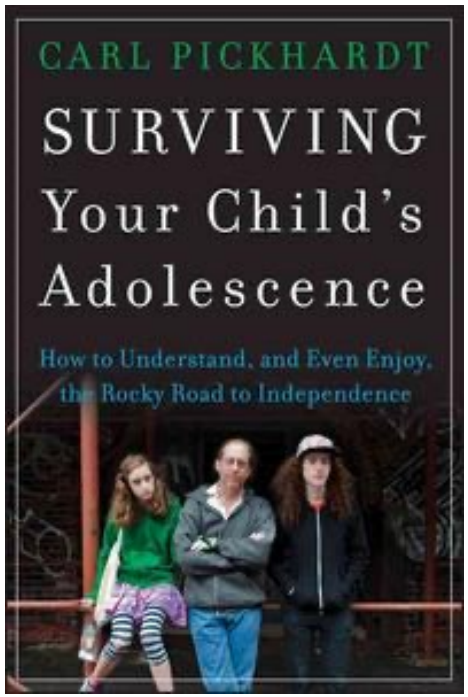




Teens the necessary crisis



My teen, my struggle



IMPLICATIONS FOR PARENTS ?

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- **Parental overprotection**

  Parents' provision of protection that is **excessive,** considering the child's developmental level (Thomasgard et al., 1995; for a review, Venard, et al., in press) ➔ Anxious rearing & excessive preoccupation, Premature problem-solving, Infantilization.

- **Parental burnout**

  Specific **stress-related syndrome** resulting from the prolonged expositions **to parental stressors** which exceeds resources to cope (Mikolajczak and Roskam, 2018) ➔ Exhaustion in parental role, Emotional disconnection;Contrast between the previous and current parental self.

© « Arkangel », Black Miror, season 4, Episode 2, Jodie Foster

GOAL OF THE STUDY

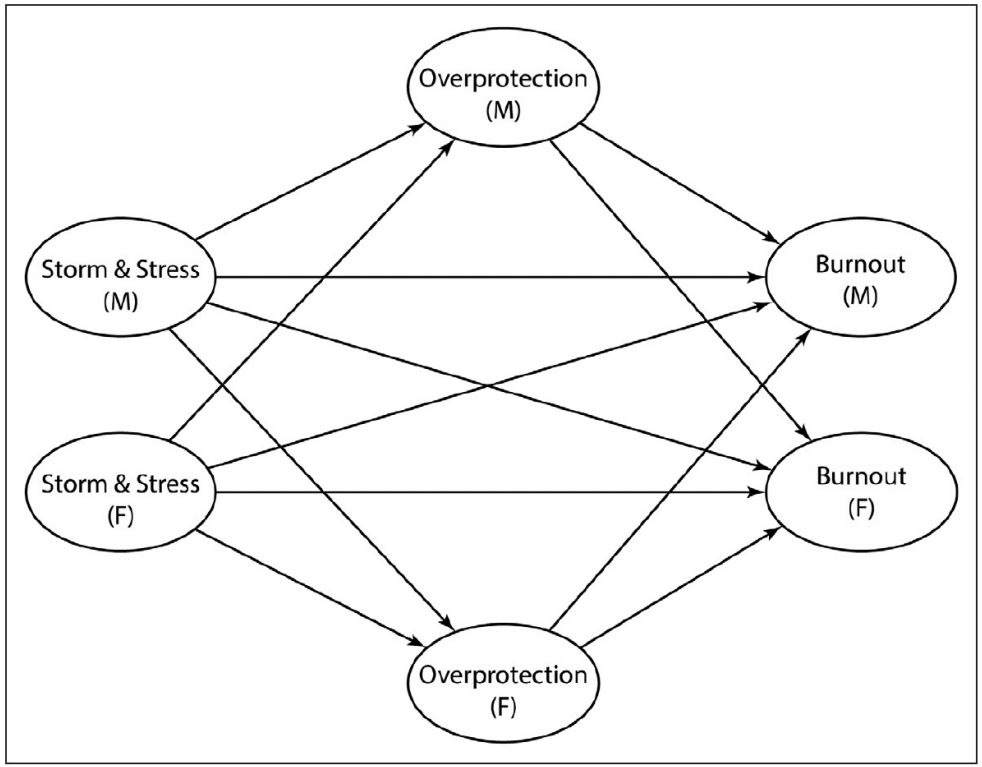
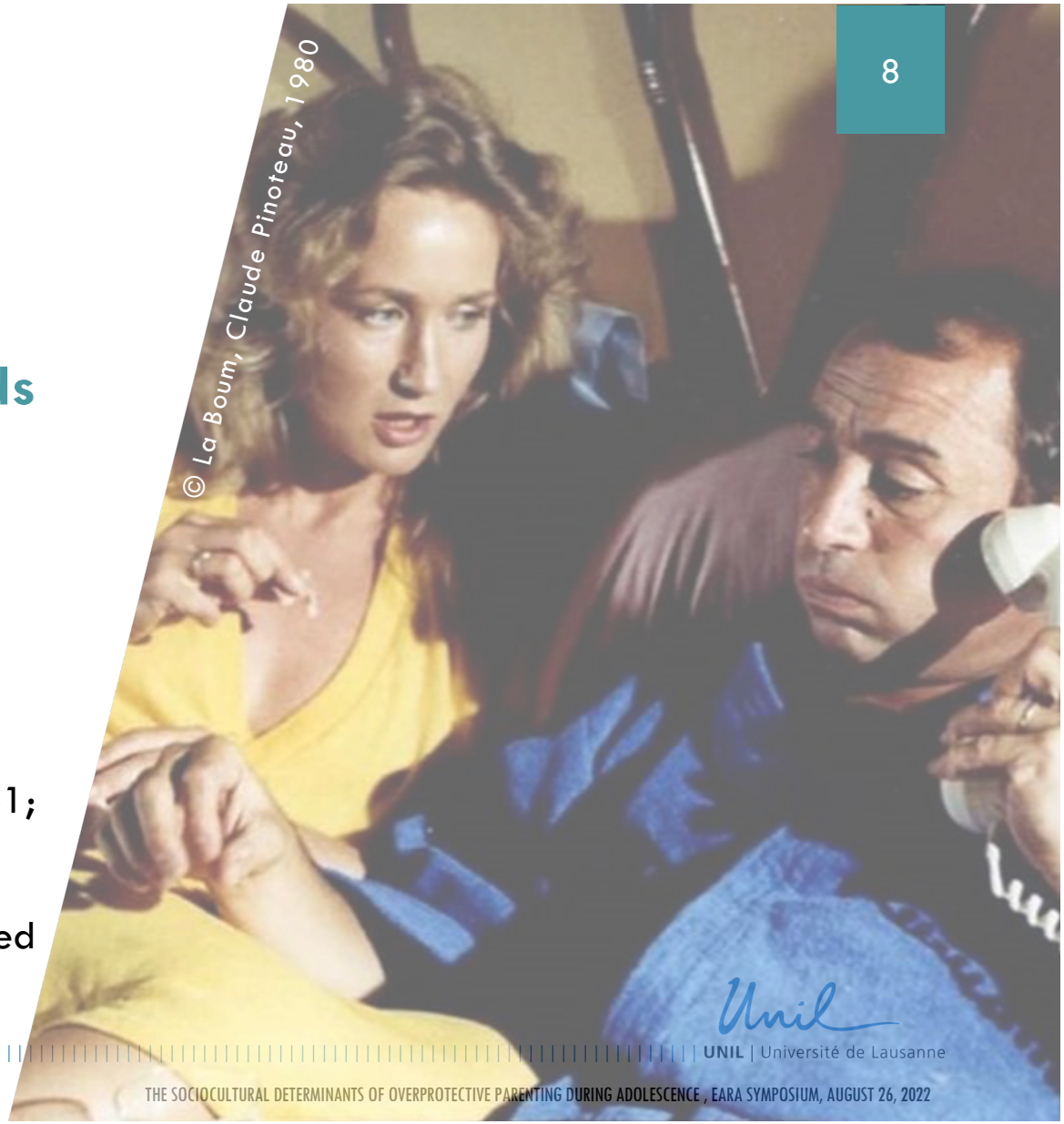


Figure 1 Conceptual model: The actor-partner interdependence mediation model (APIMeM) conceptualizing parental overprotection as mediator between Storm and Stress beliefs and parental burnout.
Note: M = Mother, F = Father. For clarity reasons, the covariances between variables at the same level are not depicted.

METHOD

Sample

- **146 mother-father dyads (*N*=292 parents)**
  - Mothers, M_{age} = 45.80, *SD*=4.51;
  - Fathers, M_{age} = 49.30, *SD*=6.10;
  - 70% Swiss citizens;
  - $M_{age_adolescent}$ = 14.72, *SD* = 0.61; 60.3% girls;
  - Median gross household income ranged from CHF 103'000 to CHF 122'000.



METHOD

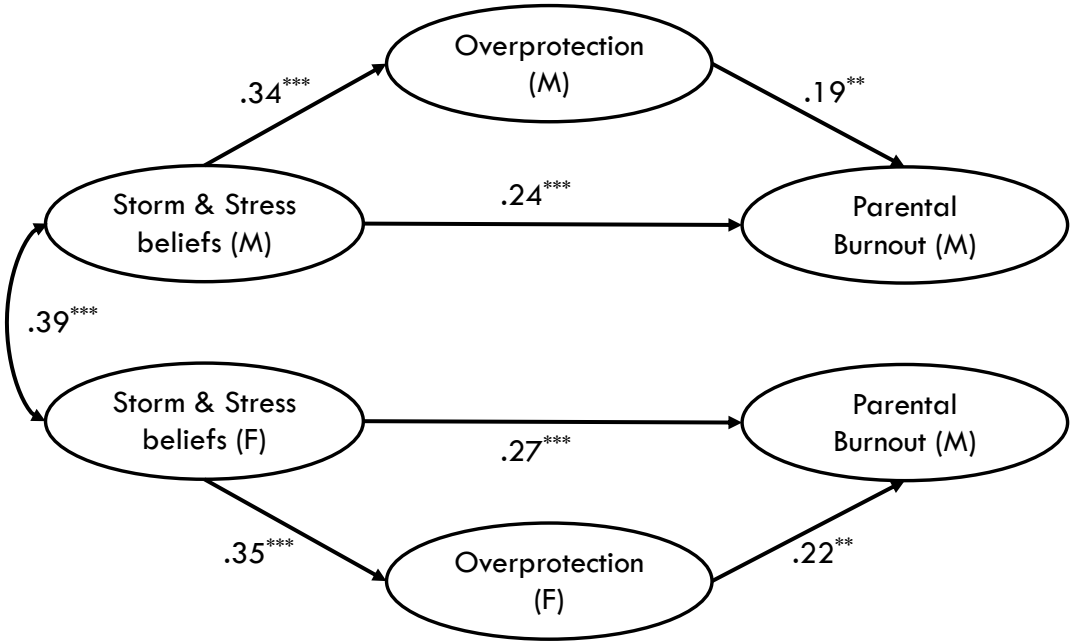
Instruments

- **Storm and stress beliefs about adolescence**
  - Storm and Stress Scale (SSS, 8 items; Holmbeck & Hill., 1988);
  - α = .82 for mothers and α = .80 for fathers.
- **Overprotective parenting**
  - Multidimensional Overprotective Parenting Scale (MOPS- Anxious overprotection, 25 items; Chevrier, et al., 2021; Kins & Soenens, 2013);
  - α = .91 for mothers and α = .90 for fathers.
- **Parental burnout**
  - Parental Burnout Assessment (PBA, 23 items; Roskam, et al., 2018);
  - α = .90 for mothers and fathers.

© Boyhood, Richard Linklater, 2014

RESULTS

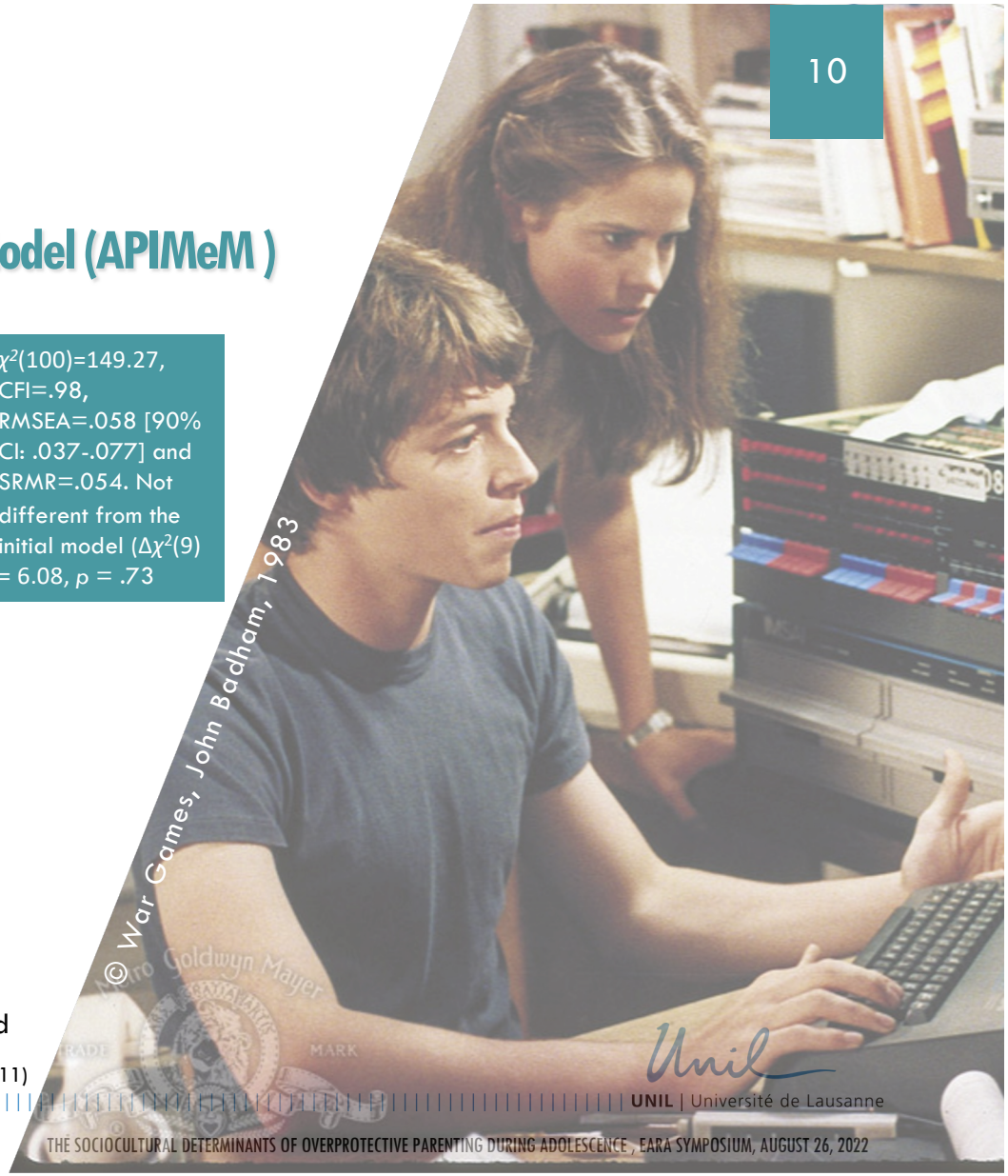
Final Actor-Partner Interdependence Mediation Model (APIMeM)



$\chi^2(100)=149.27$, CFI=.98, RMSEA=.058 [90% CI: .037-.077] and SRMR=.054. Not different from the initial model ($\Delta\chi^2(9) = 6.08$, $p = .73$

Note. M = Mother, F = Father. To reduce complexity, nonsignificant paths are not displayed and only standardized coefficients are presented. Paths that were not significantly moderated by gender were constrained to be equal between mothers and fathers. * $p < .05$, ** $p < .01$, *** $p < .001$

(Kenny, et al., 2006; Ledermann, et al., 2011)



DISCUSSION

Partial mediational model

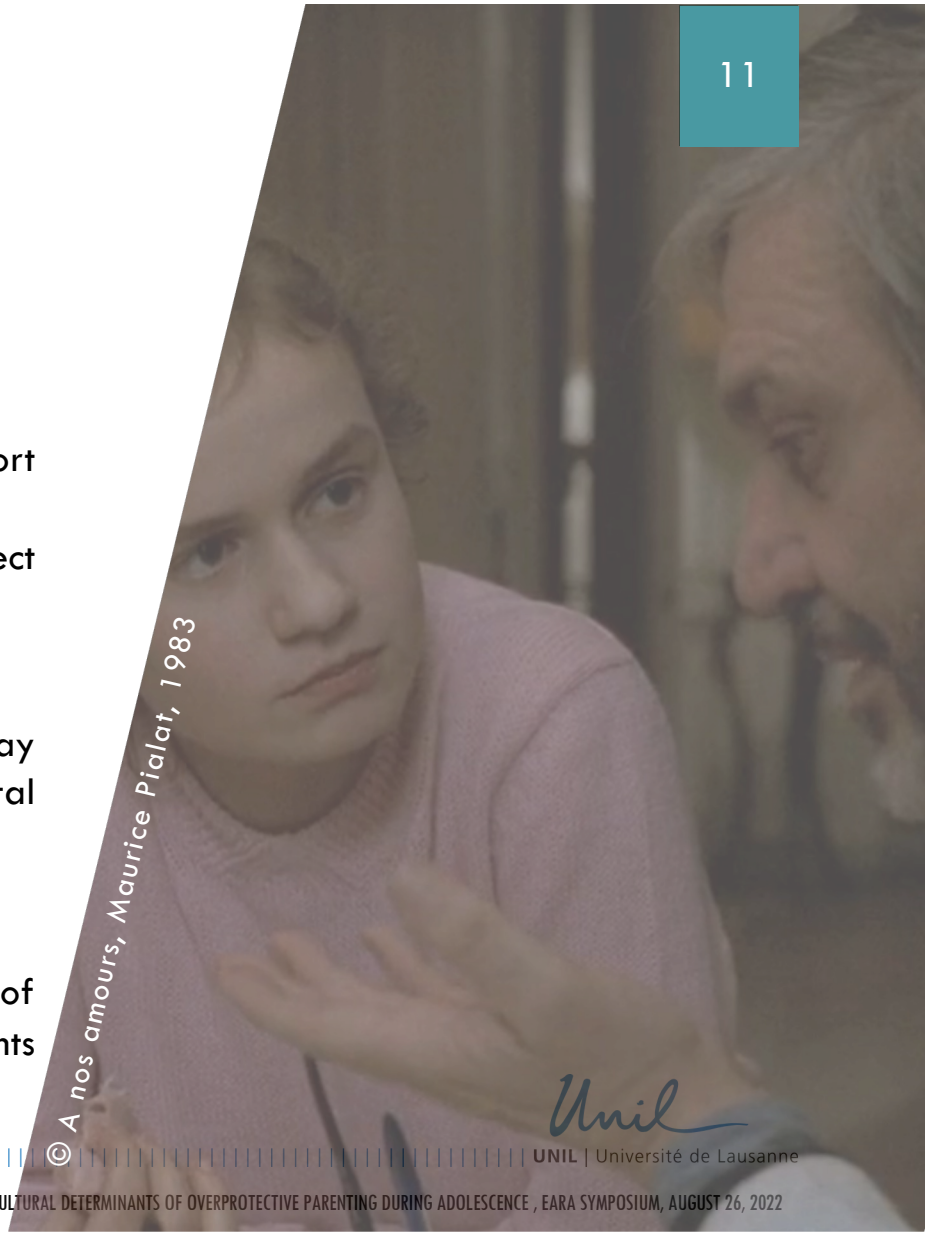
- Longitudinal data needed to test our model !
- No partner effects ? May be underestimated with self-report (less method variance than actor effect – Orth, 2013);
- In the future, take into account the variability of partner effect as a moderator.

Intensive parenting ideology era

- Storm and Stress beliefs as an additional risk factor that may fuel the tendency to overinvest in parenting, and parental overprotection and burnout.

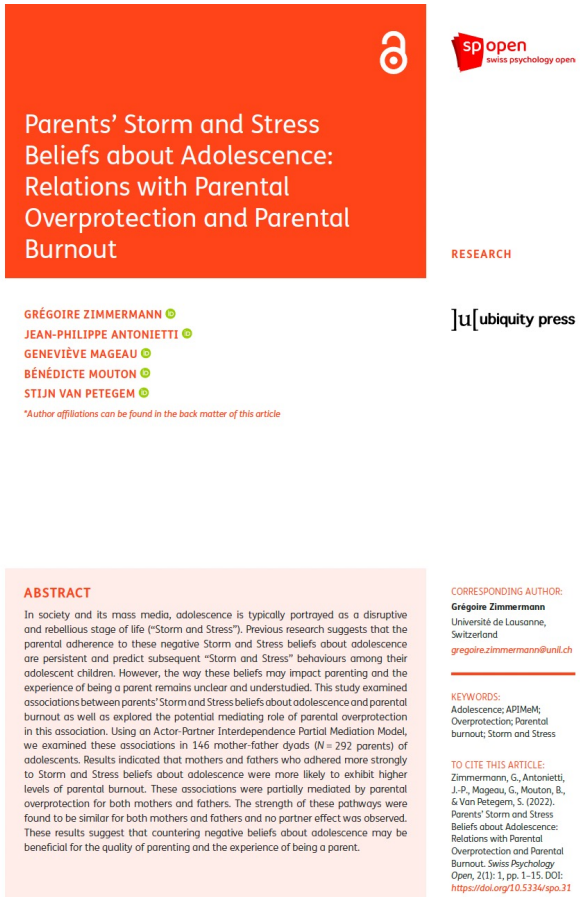
Practical implications

- **Fight stereotypes !** Promote a more representative image of adolescence as a developmental period where adolescents become independent and develop a sense of responsibility.



THANK YOU FOR YOUR ATTENTION !

- More details on this study ? Available on Open access:
  https://doi.org/10.5334/spo.31



Parents' Storm and Stress Beliefs about Adolescence: Relations with Parental Overprotection and Parental Burnout

RESEARCH

GRÉGOIRE ZIMMERMANN
JEAN-PHILIPPE ANTONIETTI
GENEVIÈVE MAGEAU
BÉNÉDICTE MOUTON
STIJN VAN PETEGEM
*Author affiliations can be found in the back matter of this article

ABSTRACT

In society and its mass media, adolescence is typically portrayed as a disruptive and rebellious stage of life ("Storm and Stress"). Previous research suggests that the parental adherence to these negative Storm and Stress beliefs about adolescence are persistent and predict subsequent "Storm and Stress" behaviours among their adolescent children. However, the way these beliefs may impact parenting and the experience of being a parent remains unclear and understudied. This study examined associations between parents' Storm and Stress beliefs about adolescence and parental burnout as well as explored the potential mediating role of parental overprotection in this association. Using an Actor-Partner Interdependence Partial Mediation Model, we examined these associations in 146 mother-father dyads ($N = 292$ parents) of adolescents. Results indicated that mothers and fathers who adhered more strongly to Storm and Stress beliefs about adolescence were more likely to exhibit higher levels of parental burnout. These associations were partially mediated by parental overprotection for both mothers and fathers. The strength of these pathways were found to be similar for both mothers and fathers and no partner effect was observed. These results suggest that countering negative beliefs about adolescence may be beneficial for the quality of parenting and the experience of being a parent.

CORRESPONDING AUTHOR:
Grégoire Zimmermann
Université de Lausanne, Switzerland
gregoire.zimmermann@unil.ch

KEYWORDS:
Adolescence; APIMeM; Overprotection; Parental burnout; Storm and Stress

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Gregoire.Zimmermann@unil.ch
www.unil.ch/fado