

Parental burnout, stress, and well-being of mothers of gifted and non-gifted children

Abstract

Parenting gifted children has many challenges as well as benefits, so the aim of this research was to test differences in parental burnout, perceived stress, life satisfaction and psychological flourishing of mothers of gifted and non-gifted children. The sample included 66 mothers of gifted and 63 mothers of non-gifted children. The following instruments were used: Parental Burnout Assessment, Perceived Stress Scale, Life Satisfaction Scale and Flourishing Scale. It was expected that mothers of gifted and non-gifted children would not differ in the level of parental burnout but mothers of gifted children would exhibit a higher level of both perceived stress and well-being. Differences in the examined variables between mothers of gifted and non-gifted children were tested with a t-test. The results showed that mothers of gifted children are more educated, but do not differ significantly from mothers of non-gifted children in any of the examined variables.

Key words: giftedness, life satisfaction, problems of parents of gifted children, psychological flourishing