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Research Paper

Influence of Personality Traits and Coping Mechanisms on Levels of Burnout among Indian Housewives

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ABSTRACT

The purpose of the study was to examine the influence of personality traits and coping mechanisms on the levels of burnout among Indian housewives. The sample consisted of housewives across India, including both the Northern and Southern regions. The size was 101 (n=101), consisting of Indian housewives within the age range of 40-65 years. Snowball method of sampling was employed. The Big Five Inventory – 2 Short Form (BFI-2-S) (Soto & John, 2017), Brief COPE (Carver, 1997) and Housewives Burnout Questionnaire (CUBAC) (Gonzalez et al., 2009) were used to collect data from the sample. The data was collected online via Google Forms through social media platforms. Data analysis was done using Descriptive Statistics, Pearson Product Moment Correlation and Multiple Linear Regression, respectively. IBM SPSS'24 was employed for the process of data analysis. The findings indicated that higher levels of Neuroticism and lower levels of Conscientiousness relate to increased levels of burnout experienced in Indian housewives. Avoidant coping mechanisms has also been related to higher levels of burnout among Indian housewives. The personality traits of Neuroticism and Conscientiousness, and the coping mechanism of avoidant coping, were found to predict levels of burnout among Indian housewives.

Keywords: *Burnout in Housewives, Personality Traits, Coping Mechanisms*

The term housewife may refer to "a person who does household duties as a regular part of their routine" (Sultanpur, 2024). They make up about 160 million of the total Indian population, making them a major part of the society with their undeniable role in raising the youth of the future (Nagaraja, 2022). Since generations, women have been expected to carry out the domestic responsibilities, a norm that still holds true in the modern society of the present. It is stated that about 297 minutes of an Indian housewife's day is dedicated to a variety of household chores. (Das, 2023). Not only do they have to cook, clean and manage other household affairs, but also take care of the children, elderly and the sick family members without expecting any monetary benefits (Das, 2023; Nagaraja, 2022). They have to take up the roles of being a homemaker, mother and a wife, which can lead to a state of role overload, making them vulnerable to both stress and eventually, burnout (Harilal & Santosh, 2017). Burnout, as defined by Maslach and Jackson (1981) is a "syndrome of emotional exhaustion, depersonalization and reduced personal

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accomplishment that can occur in individuals." A growing amount of evidence has been suggesting housewives too, are vulnerable to burnout syndrome (Gonzalez et al., 2009; Durak et al., 2022; Pareek et al., 2021). However, despite their prominent presence in the Indian society (Das, 2023; Nagaraja, 2022) their experiences are often overlooked under the assumption that they "stay at home the whole day" and "do not have much to do" (Durak et al., 2022; Pareek et al., 2021). Since a long time, burnout has only been studied for professional fields such as organizational sector for both working men and women, nurses and frontline workers, so it is about time that it is extended to a population that is often ignored, just because being a "housewife" is not seen as a professional position (Gonzales et al., 2009; Pareek et al., 2021).

Personality and Burnout

Personality as defined by Allport (1961) "the dynamic organization within the individual of those psychophysical systems that determine his characteristic behavior and thought." It is derived from the Latin word 'persona' which pertains to the theatrical masks that performers used to wear to play roles or disguise their identities (Baron & Mishra, 2014). One of the most prominent theories that is particularly relevant in the present-day context is the Big Five theory of personality, put forth by Costa and McCrae (1992) which is "a hierarchical organization of personality traits in terms of five basic dimensions: Extraversion, Agreeableness, Conscientiousness, Neuroticism, and Openness to Experience." (McCrae & John, 1992). Existing studies have found that women tend to score higher in the neuroticism scale than men (Costa et al., 2001; Arora, 2017) especially in the indices of anxiety (Feingold, 1994) and low self-esteem (Kling et al., 1999). They also score somewhat higher than men on some facets of conscientiousness such as order, dutifulness, and self-discipline but no significant differences were found otherwise (Feingold, 1994; Costa et al., 2001). Women have also been found to have higher levels of internalizing personality problems like excessive shyness and anxiety and also have higher rates of affective and somatization disorders (Silvern & Katz, 1986; Arora, 2017). Several studies have established a relationship between higher levels of burnout with the higher score in the trait of neuroticism and low scores in the trait of conscientiousness (Magnano et al., 2015; Afshar et al., 2015; Le Vigouroux et al., 2017; Fornes-Vives et al., 2019; Polizzi et al., 2022; Piotrowski et al., 2023) which in the view of these findings suggest that women are all the more vulnerable to burnout (Arora, 2017). In studies comparing the personality traits between working women and housewives, there were no significant differences found within the dimensions of extraversion, neuroticism and psychoticism (Shahid et al., 2007), however, there are barely any studies focusing specifically on the personality traits of housewives in the Indian context.

Coping and Burnout

Coping may be defined as the "efforts to prevent or diminish threat, harm, and loss, or to reduce the distress that is often associated with those experiences." (Carver, 1997). One of the earliest theoretical understandings of coping can be traced back to the psychoanalytical concept of defense mechanisms which, as defined by Anna Freud (1937), were "unconscious mental processes that people use to reduce internal conflict and stress". (Parekh et al., 2010). Lazarus and Folkman (1984) described it as the "cognitive and behavioral efforts" adopted to manage stress, distinguishing them into emotion-focused coping and problem-focused coping (Garcia, 2010) while Carver (1997) furthered upon this theory and introduced a third type, avoidance coping in the questionnaire developed by him. Coping may vary from person to person, but some studies have found that women tend to use emotion-focused

coping more than men (Miller & Kirsch, 1987; Endler & Parker, 1990; Ptacek et al., 1994; Matud, 2004; Hamid et al., 2023). Studies have found that emotion-focused coping and avoidant coping are more likely to predict burnout (Spataro et al., 2016; Hamid & Musa, 2017; Fornes-Vives et al., 2019; Astrella et al., 2024). Housewives in particular were found to use emotion-focused coping more than working women, also found to experience higher amounts of stress which relates to burnout (Astrella et al., 2024) which makes it essential to study in the context of burnout alongside personality traits.

Need for the Study

A close look into research relating to the mental health of housewives in an Indian context reveals a significant lack of literature that focuses on them as a target population. It is concerning, considering that statistics have shown that 50% of the female suicides consist of housewives (Radhakrishnan, 2023). Few studies that have been conducted on them have established that housewives experience high stress as well, in some contexts, at the same level as that of a working woman (Dibaji et al., 2017; Smadi, 2019; Moulton et al., 2023). They too experience burnout from the monotony of the household chores, excessive demands, lack of familial support and lack of personal growth (Gonzalez et al., 2009; Pareek et al., 2021; Kaplan, 2021). The studies that have looked at burnout among housewives mostly come from foreign countries such as Spain and Turkey, to name a few (Gonzalez et al., 2009; Durak et al., 2022) which is surprising, considering the prominent presence of housewives in the Indian citizenship. Most of those studies have emphasised on the consequent aspects such as depression and anxiety (Durak et al., 2022), or external causative factors such as societal gender expectations (Kaplan & Kaçkin, 2024), number of family members, number of children and mental health condition of the family members (Avangues-Navarro et al., 2020; Kokurcan et al., 2015; Kaur et al., 2023; Hamid & Musa, 2017). There is therefore, a sufficient lack in studies focusing on the internal factors such as personality traits and coping mechanisms which have been studied in the context of other populations (Magnano et al., 2015; Afshar et al., 2015; Le Vigouroux et al., 2017; Fornes-Vives et al., 2019; Polizzi et al., 2022; Piotrowski et al., 2023; Miller & Kirsch, 1987; Endler & Parker, 1990; Ptacek et al., 1994; Matud, 2004; Hamid et al., 2023; Spataro et al., 2016; Hamid & Musa, 2017; Fornes-Vives et al., 2019; Astrella et al., 2024). The present study thus aims to work on that gap and identify how personality traits and coping mechanisms relate to and influence the burnout levels experienced by Indian housewives, shedding light into the reality of the prevalence of burnout among this overlooked population and understanding it elaborately.

METHODOLOGY

Aim

To examine the relationship and impact of personality traits and coping mechanisms on the levels of burnout experienced by Indian housewives.

Objectives

- To determine the relationship between personality traits, coping mechanisms and housewife burnout among Indian housewives.
- To determine the influence of personality traits and coping mechanisms on housewife burnout among Indian housewives.

Hypotheses

The following hypotheses were formulated to study the relationship between and impact of personality traits and coping mechanisms on burnout levels among Indian housewives.

- **H01:** There will be no significant relationship between the domains of personality traits namely openness to experiences, conscientiousness, extraversion, agreeableness and neuroticism, domains of coping mechanisms namely emotion-focused coping, problem-focused coping and avoidant coping and domains of housewife burnout namely risky or precursory characteristics, burnout syndrome and syndrome consequences among Indian housewives.
- **H02:** There will be no significant influence of the domains of personality traits namely openness to experiences, conscientiousness, extraversion, agreeableness and neuroticism and domains of coping mechanisms namely emotion-focused coping, problem-focused coping and avoidant coping on housewife burnout domains namely risky or precursory characteristics, burnout syndrome and syndrome consequences among Indian housewives.

Research Design

The study employed an ex post facto research design that looked at the extent to which the variables relate to and influence each other.

Sampling and Sample

Snowball method of sampling was used to collect data from housewives all over India, involving both the northern and southern regions of India. The age range of the sample was 40-65. The sample size from which the data was collected was 101.

Inclusion Criteria

- Must be between the age range of 40 to 65.
- Should be married for more than one year.
- Not employed in any part-time or full-time job in the past 6 months and is currently focused on managing household responsibilities.
- Currently residing in India.
- Able to read and understand English.
- Should not have any diagnosed physical or psychological health condition.
- Should have access to the internet

Variables

Independent Variables

- Personality Traits (Openness to experiences, Conscientiousness, Extraversion, Agreeableness and Neuroticism)
- Coping Mechanisms (Problem-focused coping, Emotion-focused coping and Avoidant coping)

Dependent Variable

- Burnout Levels among Housewives

Measures

Three measures were used for the study which include the following.

1. **The Big Five Inventory – 2 Short Form (BFI-2-S).** The Big Five Inventory – 2 Short Form (BFI-2-S) was developed by Soto and John in 2017, with the purpose of introducing an abbreviated form of the 60-item Big Five Inventory–2 (BFI-2) in

measuring the five factors of personality as enumerated by Costa and McCrae (1992). It measures the 5 domains of personality: extraversion, conscientiousness, agreeableness, negative emotionality and openness to experiences. It consists of 30 items, 6 items for each domain The responses are marked on a 5-point Likert Scale. The alpha reliabilities for BFI-2-S domain scale were found to average 0.77 or 0.78 in each sample with the range being 0.73 to 0.83. It was also found to have a high construct validity.

2. **Brief COPE.** Brief COPE was developed by Carver in 1997, developing further upon Lazarus and Folkman's (1984) transactional model of stress. It was developed as a shorter and hence, more efficient version of the COPE inventory, a self-report questionnaire to assess the different coping mechanisms. Brief COPE consists of 28 items, assessing 3 overarching coping styles of problem-focused coping, emotion-focused coping and avoidant coping. The responses are marked on a 4-point Likert Scale with the response options. Cronbach's alpha coefficients were found between 0.81 and 0.86 with high internal consistency. The construct validity was also found to be high, along with adequate criterion validity.
3. **CUBAC Housewife Burnout Questionnaire.** The Housewives Burnout Questionnaire (CUBAC) was developed in the year 2009 by Gonzalez et al to assess burnout among housewives. It was adapted from the Burnout Brief Questionnaire (CBB) by Moreno-Jimenez et al. (1997). The questionnaire was constructed on a five-point Likert scale with a total of 21 items, organised into three dimensions: risky or precursory characteristics, syndrome and syndrome consequences. It was found to have high internal reliability with the Cronbach alpha of 0.94. It was also found to have high construct and convergent validity.

Procedure

Data was collected in an online medium, after obtaining informed consent from the participants. Confidentiality of the participants' personal information was strictly ensured.The questionnaires were distributed to the participants through two contact points, who had shared the Google Form via social media platforms consisting of other housewives.

Statistical Analysis

The data analysis was done using SPSS (24 version) to obtain the results. The following methods of analysis were employed.

- Pearson Product Moment Correlation
- Multiple Linear Regression

RESULTS AND DISCUSSION

Correlational Analysis

Table 1: Pearson's Product Moment correlation of personality traits, coping mechanisms and burnout levels among Indian housewives.

V	1	2	3	4	5	6	7	8	9	10	11	12
1	1											
2	**.530****	1										
3	**.332****	**.407****	1									
4	**.518****	**.522****	.062	1								

V	1	2	3	4	5	6	7	8	9	10	11	12
5	**-.517****	**-.604****	**-.382****	**-.273****	1							
6	.159	**.243***	.173	.104	-.004	1						
7	-.046	-.056	-.015	-.041	**.247***	**.687****	1					
8	**-.197***	**-.423****	-.177	**-.295****	**.432****	**.376****	**-.583****	1				
9	**-.256****	**-.454****	**-.296****	**-.324****	**.531****	.016	**.259****	**.450****	1			
10	**-.306****	**-.549****	**-.328****	**-.348****	**.600****	.076	**.305****	**.471****	**.885****	1		
11	**-.227***	**-.508****	**-.260****	**-.337****	**.574****	.063	**.294****	**.548****	**.810****	**.865****	1	
12	**-.286****	**-.530****	**-.318****	**-.352****	**.595****	.054	**.299****	**.498****	**.956****	**.976****	**.907*****	1

*p<.05, **p<.01. *Notes:* 1=Openness to experiences, 2=Conscientiousness, 3=Extraversion, 4=Agreeableness, 5=Neuroticism, 6= Problem-focused coping, 7=Emotion-focused coping, 8=Avoidant coping, 9= Risky or precursory characteristics, 10= Burnout syndrome, 11=Syndrome consequences, 12= Total burnout score. The table shows the correlation between the dimensions of personality represented by 1,2,3,4,5, subscales of coping mechanisms represented by 6,7,8 and burnout levels along with its dimensions represented by 9,10,11,12.

Pearson's product moment correlation was done to determine the correlation between Personality Traits within the dimensions of Openness to experiences, Conscientiousness, Extraversion, Agreeableness and Neuroticism, Coping Mechanisms within the dimensions of Problem-focused Coping, Emotion-focused Coping and Avoidant Coping and Burnout in housewives within the dimensions of Risky or precursory characteristics, Burnout syndrome and Syndrome consequences.

A significant moderate positive correlation ($r=.595$, $p<0.05$) was found between the trait of neuroticism and total burnout levels and a significant moderate negative correlation ($r= -.530$, $p<0.05$) was found between the trait of conscientiousness and total burnout levels. Significant weak negative correlations were found between the traits of openness to experiences ($r= -.286$, $p<0.05$), extraversion ($r= -.318$, $p<0.05$) and agreeableness ($r= -.352$, $p<0.05$) and total burnout levels.

Within the dimensions of burnout, a significant moderate positive correlation ($r= .531$, $p<0.05$) was found between the trait of neuroticism and risky or precursory characteristics and a significant moderate negative correlation ($r= -.545$, $p<0.05$) was found between the trait of conscientiousness and risky or precursory characteristics. This indicates that being more emotionally volatile and less organised relates to higher vulnerability to precursors of burnout in Indian housewives. Significant weak negative correlations were found between the traits of openness to experiences ($r= -.256$, $p<0.05$), extraversion ($r= -.296$, $p<0.05$) and agreeableness ($r= -.324$, $p<0.05$) respectively and risky or precursory characteristics. Therefore, being open to new ideas, extroverted, and agreeable relates to lower levels of susceptibility to burnout, linked through a weak negative correlation.

A significant moderate positive correlation (r=.600, p<0.05) was found between the trait of neuroticism and burnout syndrome and a significant moderate negative correlation (r= -.549, p<0.05) was found between conscientiousness and burnout syndrome. This indicates that the traits of high emotional volatility and low sense of discipline may relate to higher levels of burnout syndrome which is characterised by emotional exhaustion, low personal accomplishment and depersonalisation. Significant weak negative correlations were found between the traits of openness to experiences (r= -.306, p<0.05), extraversion (r= -.328, p<0.05) and agreeableness (r= -.348, p<0.05) and burnout syndrome. This indicates that the characteristics of openness, extroversion and agreeableness relate to lower levels of burnout syndrome, showing a weak negative correlation.

A significant moderate positive correlation (r=.574, p<0.05) was found between the trait of neuroticism and syndrome consequences and a significant moderate negative correlation (r= -.508, p<0.05) was found between conscientiousness and syndrome consequences. This indicates that high emotional volatility and low sense of discipline can relate to excaberated physical symptoms, problems with relationships and reduced level of performance. Significant weak negative correlations were found between the traits of openness to experiences (r= -.227, p<0.05), extraversion (r= -.260, p<0.05) and agreeableness (r= -.337, p<0.05) and syndrome consequences. This indicates that traits of openness to new ideas, extroversion and being agreeable relate to lower experience of the consequences that occur due to burnout.

This finding is in line with the literature covering other populations, such as healthcare professionals and married couples, with high ratio of female participants, which has also consistently highlighted a positive correlation between burnout and the trait neuroticism (Roloff et al., 2022; Nazari, 2016; Geuens et al., 2017; De la Fuente-Solana et al., 2021; Piotrowski et al., 2023; Le Vigouroux et al., 2017) and a negative correlation between conscientiousness and burnout (Piotrowski et al., 2023; Le Vigouroux et al., 2017; Geuens et al., 2017). This indicates that the findings of relationship between the personality traits and burnout levels in the previous literature, can also be extended to the population of housewives. Additionally, weak negative relationships have been found between burnout levels and the traits of extroversion, openness and agreeableness within the population of housewives.

With respect to the coping mechanisms and burnout, a significant moderate positive correlation was found between avoidant coping (r= .498, p<0.05) and the total burnout levels and a significant weak positive relationship was found between emotion-focused coping (r= .299, p<0.05) and total burnout levels. Within the dimensions of burnout, a significant moderate positive correlation was found between avoidant coping (r= .450, p<0.05) and risky or precursory characteristics and a significant weak positive relationship was found between emotion-focused coping (r= .259, p<0.05) and risky or precursory characteristics. This indicates that adopting coping mechanisms involving disengagement from the stressor related or focusing on regulation of emotions as a result of the stressor relates to higher levels of burnout with respect to the susceptibility to burnout as a result of the nature of chores and the home environment, experience of burnout syndrome and the physical, psychological and social consequences that follow.

A significant moderate positive correlation was found between avoidant coping (r= .471, p<0.05) and burnout syndrome and a significant weak positive relationship was found

between emotion-focused coping (r= .305, p<0.05) and burnout syndrome. This indicates that using coping mechanisms that involve disengaging from the stressor relate to higher levels of burnout syndrome. This may manifest as emotional exhaustion, depersonalization and a low sense of accomplishment. Focusing on regulating the emotions that occur from stress also relates to higher levels of burnout syndrome, however, it is a weak positive relationship.

A significant moderate positive correlation was found between avoidant coping (r= .548, p<0.05) and syndrome consequences and a significant weak positive relationship was found between emotion-focused coping (r= .294, p<0.05) and syndrome consequences. This indicates that disengaging from the stressor to cope with stressful conditions may relate to the higher occurrence of somatic symptoms (e.g. headache, stomach ache, etc.), deterioration of social relationships and reduced performance levels in the day-to-day chores. The weak positive correlation between emotion-focused coping and syndrome consequences indicates that regulating emotions in response to the stressor may also relate to impacts on physical health, social life and performance in task performance.

These findings are therefore, in line with the studies that have found positive relationship between avoidant coping and burnout with its dimensions (Srivastava & Dubey, 2023; Montero-Marin et al., 2014; McKinley et al., 2020; Moatamedy et al., 2020; Palupi & Findyartini, 2019) and emotion-focused coping strategies such as venting and emotional expression, relating positively with burnout (Martinez et al., 2020; Montero-Marin et al., 2014; McKinley et al., 2020; Spataro et al., 2016; Hamid & Musa, 2017).

In the light of these findings, the null hypotheses H01, stating “There will be no significant relationship between the domains of personality traits namely openness to experiences, conscientiousness, extraversion, agreeableness and neuroticism, domains of coping mechanisms namely emotion-focused coping, problem-focused coping and avoidant coping and domains of housewife burnout namely risky or precursory characteristics, burnout syndrome and syndrome consequences among Indian housewives”, has therefore been rejected.

Regression Analysis

The results of the regression analysis have been presented for three dimensions – risky or precursory factors, burnout syndrome and syndrome consequences. Since stepwise multiple regression was used, the analysis generated multiple models to show how each independent variable influenced the dependent variable. Model 1 includes only the independent variable with the strongest influence (Neuroticism), and Model 2 adds the next significant independent variable (Avoidant Coping) to show how it adds to the influence. Under the dimension of Burnout Syndrome, a third model appears, which adds Conscientiousness to show how it adds to the influence further. Therefore, each model represents a stage where additional variables are added based on their statistical contribution to their influence on the dependent variable.

Table 2: Model Summary of Multiple Regression Analysis for Personality Traits, Coping Mechanisms and Risky or Precursory Characteristics.

Model Summary[c]					
Model	**R**	**R Square**	**Adjusted R Square**	**Std. Error of the Estimate**	**Durbin-Watson**
1	.531[a]	.282	.274	5.976	
2	.585[b]	.342	.328	5.750	1.978

a. Predictors: (Constant), Neuroticism b. Predictors: (Constant), Neuroticism, Avoidant Coping
c. Dependent Variable: Risky or precursory characteristics

Under the model summary table the multiple correlation coefficient value R, for Model 1 is .531 and Model 2 is .585. The R square values for the two models therefore indicate that Model 1 Neuroticism accounts for 28.2% of variability of risky or precursory characteristics for burnout, Model 2 Neuroticism and Avoidant Coping accounts for 34.2% of variability of risky or precursory characteristics of burnout levels among Indian housewives. This indicates that neuroticism alone accounts for 28.2% of the variability in risky characteristics that increase vulnerability to burnout, while neuroticism and avoidant coping together account for 34.2% of the variability. Avoidant coping, therefore, contributes to the strength of the influence on the dimension.

Table 3: ANOVA table of Multiple Regression Analysis for Personality Traits, Coping Mechanisms and Risky or Precursory Characteristics.

ANOVA[a]						
Model		**Sum of Squares**	**df**	**Mean Square**	**F**	**Sig.**
1	Regression	1386.356	1	1386.356	38.819	.000[b]
	Residual	3535.604	99	35.713		
	Total	4921.960	100			
2	Regression	1681.585	2	840.793	25.428	.000[c]
	Residual	3240.375	98	33.065		
	Total	4921.960	100			

a. Dependent Variable: Risky or precursory characteristics, b. Predictors: (Constant), Neuroticism,
c. Predictors: (Constant), Neuroticism, Avoidant Coping

Under ANOVA table, the F value for Model 1 is 38.819 and Model 2 is 25.428 both of which are greater than 1 at a significance level less than 0.05. This indicates that the improvement due to the fitting in the regression is much greater than the inaccuracy within the model. Therefore, in both the models, there is a significant improvement in the ability to predict the risky or precursory characteristics of burnout compared to not fitting the model. Both the models are effective.

Table 4: Coefficient table for Multiple Regression Analysis for Personality Traits, Coping Mechanisms and Risky or Precursory Characteristics among Indian housewives.

Coefficients[a]						
Model	**Unstandardized Coefficients**		**Standardized Coefficients**	**t**	**Sig.**	
	B		Std. Error	Beta		
1	(Constant)		13.421	1.796	7.473	.000
	Neuroticism		.640	.103	.531	6.231	.000
2	(Constant)		9.400	2.190	4.292	.000
	Neuroticism		.498	.110	.413	4.548	.000
	Avoidant Coping		.378	.126	.272	2.988	.004

a. Dependent Variable: Risky or precursory characteristics

Under the coefficient table, within model 1, the B value for neuroticism is .640. This indicates that with every 1 unit increase in neuroticism, there is an increase in the risky or precursory characteristics for burnout by .640 units.

Within model 2, the B value for neuroticism is .498 which indicates that with every 1 unit increase in neuroticism, there is an increase in the risky or precursory characteristics for burnout by .498 units. The B value for avoidant coping is .378 which indicates that with every 1 unit increase in avoidant coping, there is an increase in the risky or precursory characteristics for burnout by .378 units.

These findings therefore indicate that housewives who tend to be more emotionally reactive and adopt avoidant coping mechanisms are more likely to be vulnerable to burnout as a result of precursory factors such as high workload, monotonous nature of the household, lack of support or rewards from family members. The trait of neuroticism is characterised by higher emotional reactivity, anxiety and a tendency to perceive situations as overwhelming and threatening, making them more susceptible to stress and its consequences (Costa & McCrae, 1992). They are more likely to perceive situations as more stressful than they objectively are, further making those higher in that trait more vulnerable to burnout. (Schneider, 2004; Bruce, 2009; Mineka et al., 2020). This might make them view chores and lack of support much more stressful. When combined with an avoidant coping mechanism, which involves disengagement from the stressor, the stress remains unaddressed and accumulates over time, which contributes to burnout and its maintenance over time (Spataro et al., 2016; Hamid & Musa, 2017; Fornes-Vives et al., 2019; Astrella et al., 2024).

Table 5: Model Summary of Multiple Regression Analysis for Personality Traits, Coping Mechanisms and Burnout Syndrome.

Model Summary[d]					
Model	**R**	**R Square**	**Adjusted R Square**	**Std. Error of the Estimate**	**Durbin-Watson**
1	.600[a]	.360	.353	6.959	
2	.644[b]	.415	.403	6.685	
3	.671[c]	.450	.433	6.518	2.229

a. Predictors: (Constant), Neuroticism, b. Predictors: (Constant), Neuroticism, Avoidant Coping,
c. Predictors: (Constant), Neuroticism, Avoidant Coping, Conscientiousness,
d. Dependent Variable: Burnout Syndrome

Under the model summary table, the multiple correlation coefficient value R, for Model 1 is .600, Model 2 is .644 and Model 3 is .671. The R square values for the three models therefore indicate that Model 1 Neuroticism accounts for 36% of variability of burnout syndrome, Model 2 Neuroticism and Avoidant Coping accounts for 41.5% of variability of burnout syndrome, and Model 3 Neuroticism, Avoidant Coping and Conscientiousness accounts for 45% of variability of burnout syndrome among Indian housewives. Neuroticism alone accounts for a significant amount of influence, with the traits of emotional reactivity and tendency toward negative affect having a central role in the experience of burnout syndrome, defined by emotional exhaustion, reduced personal accomplishment and depersonalization, which has been highlighted by several studies in the past (Azeem, 2013; Sosnowska et al., 2019; Angelini, 2023). Inclusion of avoidant coping further strengthened the model, indicating that disengagement from the stressors further worsens the experience of burnout and maintains it further. The trait of conscientiousness further adds to the influence, indicating that traits of discipline and meticulousness also have an influence. Thus, on the whole, personality traits of neuroticism and conscientiousness and coping mechanisms of avoidant coping do have a significant influence on levels of burnout syndrome among Indian housewives.

Table 6: ANOVA table for Regression Analysis between Personality Traits, Coping Mechanisms and Burnout Syndrome among Indian housewives.

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	2696.243	1	2696.243	55.676	.000[b]
	Residual	4794.331	99	48.428		
	Total	7490.574	100			
2	Regression	3110.414	2	1555.207	34.796	.000[c]
	Residual	4380.160	98	44.696		
	Total	7490.574	100			
3	Regression	3369.578	3	1123.193	26.438	.000[d]
	Residual	4120.996	97	42.484		
	Total	7490.574	100			

a. Dependent Variable: Burnout Syndrome, b. Predictors: (Constant), Neuroticism,
c. Predictors: (Constant), Neuroticism, Avoidant Coping,
d. Predictors: (Constant), Neuroticism, Avoidant Coping, Conscientiousness

Under ANOVA table, the F value for Model 1 is 55.676, Model 2 is 34.796 and Model 3 is 26.438 which are greater than 1 at a significance level less than 0.05. This indicates that the improvement due to the fitting in the regression is much greater than the inaccuracy within the model. Therefore, in all three models, there is a significant improvement in the ability to predict the levels of burnout syndrome compared to not fitting the model. All three models are effective.

Table 7: Coefficient Table for Regression Analysis between Personality Traits, Coping Mechanisms and Burnout Syndrome among Indian housewives.

Coefficients[a]						
Model	**Unstandardized Coefficients**		**Standardized Coefficients**	**t**	**Sig.**	
	B		Std. Error	Beta		
1	(Constant)		11.156	2.091	5.334	.000
	Neuroticism		.892	.120	.600	7.462	.000
2	(Constant)		6.393	2.547	2.510	.014
	Neuroticism		.725	.127	.487	5.689	.000
	Avoidant Coping		.448	.147	.261	3.044	.003
3	(Constant)		20.883	6.371	3.278	.001
	Neuroticism		.540	.145	.363	3.728	.000
	Avoidant Coping		.366	.147	.213	2.485	.015
	Conscientiousness		-.439	.178	-.240	-2.470	.015

a. Dependent Variable: Burnout Syndrome

Under the coefficient table, within model 1, the B value for neuroticism is .892. This indicates that with every 1 unit increase in neuroticism, there is an increase in experience of burnout syndrome by .892 units.

Within model 2, the B value for neuroticism is .725. This indicates that with every 1 unit increase in neuroticism, there is an increase in experience of burnout syndrome by .725 units. The B value for avoidant coping is .448. This indicates that with every 1 unit increase in avoidant coping, there is an increase in experience of burnout syndrome by .448 units.

Within model 3, the B value for neuroticism is .540. This indicates that with every 1 unit increase in neuroticism, there is an increase in experience of burnout syndrome by .540 units. The B value for avoidant coping is .366. This indicates that with every 1 unit increase in avoidant coping, there is an increase in the experience of burnout syndrome by .366 units. The B value obtained for conscientiousness is -.439. This indicates that with every 1 unit increase in conscientiousness, there is a decrease in experience of burnout syndrome by -.439 units.

This indicates that a person scoring high in neuroticism and using avoidant coping is more likely to experience high levels of burnout syndrome. However, those who are more disciplined and organised in their daily life are less likely to be affected by it. Thus, conscientiousness may be a protective factor for housewives against burnout syndrome. The tendency to be organised and self-disciplined may enable housewives to manage their workload better by being able to prioritise tasks and work according to a planned schedule. Self-regulation i.e. the ability to control oneself from within, a trait associated with conscientiousness, has been associated with lower burnout levels as found by previous studies, which further supports this finding (Setyuroso & Astuti, 2021). Similarly, several studies in the past have found that the trait of conscientiousness can function as a psychological buffer against stress and burnout, helping manage emotional exhaustion and depersonalization (Azeem, 2013; Angelini, 2023; Magnano et al., 2015; Afshar et al., 2015; Le Vigouroux et al., 2017; Fornes-Vives et al., 2019; Polizzi et al., 2022; Piotrowski et al., 2023).

Table 8: Model Summary of Multiple Regression Analysis between Personality Traits, Coping Mechanisms and Syndrome Consequences among Indian housewives.

Model Summary[c]

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.574[a]	.329	.322	2.666	
2	.663[b]	.440	.428	2.448	2.017

a. Predictors: (Constant), Neuroticism, b. Predictors: (Constant), Neuroticism, Avoidant Coping,
c. Dependent Variable: Syndrome Consequences

Under the model summary table, the multiple correlation coefficient value R, for Model 1 is .329 and Model 2 is .440. The R square values for the two models, therefore, indicate that Model 1 Neuroticism accounts for 32.9% of variability of syndrome consequences, Model 2 Neuroticism and Avoidant Coping accounts for 44% of variability of syndrome consequences levels among Indian housewives. Thus, on the whole, personality traits and coping mechanisms do have a significant influence on the syndrome consequences among Indian housewives. Employing the maladaptive coping mechanism of avoidant coping while being high in the trait of neuroticism can predict experiencing somatic symptoms, deterioration in social relationships and performance decline as a result of burnout, coming under the domain of syndrome consequences.

Table 9: ANOVA table for Regression Analysis between Personality Traits, Coping Mechanisms and Syndrome Consequences among Indian housewives.

ANOVA[a]

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	345.260	1	345.260	48.586	.000[b]
	Residual	703.512	99	7.106		
	Total	1048.772	100			
2	Regression	461.273	2	230.637	38.472	.000[c]
	Residual	587.499	98	5.995		
	Total	1048.772	100			

a. Dependent Variable: Syndrome Consequences, b. Predictors: (Constant), Neuroticism,
c. Predictors: (Constant), Neuroticism, Avoidant Coping

Under ANOVA table, the F value for Model 1 is 48.586 and Model 2 is 38.472, which are greater than 1 at a significance level less than 0.05. This indicates that the improvement due to the fitting in the regression is much greater than the inaccuracy within the model. Therefore, in both the models, there is a significant improvement in the ability to predict the syndrome consequences compared to not fitting the model. Both the models are effective.

Table 10: Coefficient Table for Regression Analysis between Personality Traits, Coping Mechanisms and Syndrome Consequences among Indian housewives.

Coefficients[a]						
Model	**Unstandardized Coefficients**	**Standardized Coefficients**	**t**	**Sig.**		
	B	Std. Error	Beta			
1	(Constant)	2.879	.801		3.594	.001
	Neuroticism	.319	.046	.574	6.970	.000
2	(Constant)	.358	.933		.384	.702
	Neuroticism	.231	.047	.414	4.943	.000
	Avoidant Coping	.237	.054	.369	4.399	.000

a. Dependent Variable: Syndrome Consequences

Under the coefficient table, within model 1, the B value for neuroticism is .35.8. This indicates that with every 1 unit increase in neuroticism, there is an increase in the syndrome consequences by .640 units.

Within model 2, the B value for neuroticism is .231 which indicates that with every 1 unit increase in neuroticism, there is an increase in the syndrome consequences by .231 units. The B value for avoidant coping is .237 which indicates that with every 1 unit increase in avoidant coping, there is an increase in syndrome consequences by .237 units.

This indicates that a housewife who is emotionally volatile and tends to avoid the stressor to cope with is most likely to experience deterioration of social relationships in her day to day life, and reduced performance in doing the household chores. They are also vulnerable to physical symptoms such as headaches, stomach aches and back aches. This could be explained by the prolonged emotional and physiological stress, as a result of sustained experience of anxiety, irritability and worry being left unaddressed due to avoidant coping. Sustained stress response may eventually manifest into somatic complaints such as fatigue, headache, body ache and gastrointestinal issues (Avergues-Navarro et al., 2020; Karaköse & Ulusoy, 2022). Emotional volatility coupled with avoidant coping may impair interpersonal relationships through social friction and reduced emotional involvement into the family, leading to loneliness while also impacting the quality of performance (Gonzalez et al. 2009; Durak et al., 2022). These effects as a whole reflect the wider physical, social and functional consequences of burnout, as explained by the inventory (Gonzalez et al., 2009).

The findings therefore indicate that the trait of neuroticism and avoidant coping mechanism influence all of the domains of burnout i.e. risky or precursory characteristics, burnout syndrome, and syndrome consequences, with conscientiousness alone having an influence on burnout syndrome. Emotional volatility coupled with the avoidant style of coping have a clear role in the onset, development, maintenance and the physical, social and functional consequences of burnout among housewives. Conscientiousness, on the contrary, was found to reduce the levels of the burnout syndrome, the domain of burnout that is defined by emotional exhaustion, cynicism and low self-efficacy. This finding, therefore, indicates that self-regulatory and disciplined traits may serve as a protective factor against burnout in housewives. These findings are in line with the existing literature that have studied the influence of personality traits as well as coping mechanisms on burnout, which have found that neuroticism and conscientiousness predict levels of burnout (Roloff et al., 2022; Polizzi

et al., 2022; De la Fuente-Solana et al., 2021; Sabz-Chamani et al., 2020; Geuens et al., 2017; Le Vigoroux et al., 2017; Nazari, 2016; Cramer & Binder, 2015; Magnano et al., 2015). In terms of coping mechanisms, avoidance coping has been found to predict burnout in many studies (Srivastave & Dubey, 2023; Al-Kidadat, 2021; McKinely et al., 2020). It also supported the studies that have previously looked at the consequences of burnout such as depression, anxiety and other somatic symptoms (Durak et al., 2022). On the whole, the study brings the focus on individual factors of personality and coping styles that contribute to burnout among housewives by interacting with factors such as workload and external demands.

In the light of these findings, the null hypotheses H02, stating "There will be no significant influence of the domains of personality traits namely openness to experiences, conscientiousness, extraversion, agreeableness and neuroticism and domains of coping mechanisms namely emotion-focused coping, problem-focused coping and avoidant coping on housewife burnout domains namely risky or precursory characteristics, burnout syndrome and syndrome consequences among Indian housewives." has therefore been rejected.

SUMMARY AND CONCLUSION

The primary focus of the study was to examine the influence of personality traits and coping mechanisms on levels of burnout among Indian housewives. The sample consisted of 101 housewives from the Indian subcontinent, between the age range of 40-65 years and data was collected via online medium through snowball method of sampling, while ensuring informed consent and confidentiality of the participants.

Following analysis, it was found that the trait of neuroticism had a significant moderate positive correlation with all three domains of burnout i.e. risky or precursory characteristics, burnout syndrome, and syndrome consequences, thus indicating a significant moderate positive correlation with higher burnout levels. Conscientiousness was found to have a significant, moderate negative relationship with all three of the domains, thus indicating a significant moderate negative correlation higher burnout levels. The traits of extroversion, openness and agreeableness were also found to be weakly and negatively correlated to burnout and the domains. In terms of coping, both avoidant coping and emotion-focused coping were found to relate positively with burnout and the three domains.

Neuroticism and avoidant coping was found to predict burnout across all three domains of risky and precursory factors, burnout syndrome and syndrome consequences. Conscientiousness, on the other hand, was found to predict burnout syndrome, indicating a protective role against the symptoms of emotional exhaustion, depersonalisation and low sense of personal efficacy.

Suggestions

Based on the findings of the present study, further research can be done to explore other areas in relation to housewife burnout. Some of the suggestions that might be taken up include the following.

- Factors such as perception of family support system, spousal support and social support system may also be studied in relation to burnout levels among Indian housewives.
- Intervention studies that promote characteristic features of conscientiousness among housewives.

- Intervention studies can also be carried out by investigating the effectiveness of stress-management-based interventions, mindfulness-based stress reduction, yoga, meditation, or time-management-based interventions, in relation to burnout levels among Indian housewives.
- Intervention studies can also be carried out to reduce reliance on avoidance coping and to examine whether these interventions are effective in reducing the levels of burnout.
- Demographics in the context of different socioeconomic backgrounds, types of family such as nuclear and joint family and number of children can be investigated to determine their effects.
- A longitudinal study may also be conducted, in order to identify the patterns of burnout level through the various life transitions that may come about with the changes in marital relationship, birth of children and their growth and developmental transitions.

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Conflict of Interest

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