**特殊儿童父母的人格、教养期望与养育倦怠的关系：有调节的中介效应\***

**张金荣[[1]](#footnote-1)，邹瑶雯，沈王艳，张婵孺 王识淳**

**（湖州师范学院教师教育学院，湖州， 313000）**

**摘要**  使用问卷法调查223名特殊儿童父母，探讨其人格、教养期望与养育倦怠之间的关

系。结果表明：（1）父母养育倦怠与大五人格维度及教养期望均显著相关，教养期望与神经质、宜人性、公正严谨性显著相关；（2）教养期望在神经质、宜人性、公正严谨性与养育倦怠间存在部分中介作用；（3）教养期望在宜人性、公正严谨性与父母养育倦怠间的中介作用受到父母性别的调节。与母亲相比，宜人性、公正严谨性的增长会带来父亲教养期望的显著提高，进而降低其养育倦怠。结果提示，对特殊儿童父母养育倦怠的干预要考虑性别适用性。

**关键词**  特殊儿童 父母养育倦怠 人格 教养期望

**The Relationship Between Personality, Parenting Expectation and Parent Burnout of Exceptional Children’ Parents: The Effect of Moderated Mediation**

***ZHANG Jinrong，ZOU Yaowen，SHENG Wangyan，ZHANG Chanru ，WANG Shichun***

**（School of Teachers Education，Huzhou University ，Huzhou，313000）**

**Abstract**  Investigating 223 exceptional children’ parents with the questionnaire survey to explore the relationship between personality, parenting expectation and parent burnout. The results show that:(1) parent burnout，the big five personality and parenting expectation were significantly correlated with each other, parenting expectation were significantly positive correlated with agreeableness and conscientiousness and significantly negative correlated with neuroticism;(2) parenting expectation partially mediated the relationship between neuroticism, agreeableness, conscientiousness and parent burnout; (3) parental gender moderated the mediating effect of parenting expectation on the relationship between agreeableness, conscientiousness and parent burnout. Contrary to mother, the growing of agreeableness and conscientiousness would increase the level of parenting expectation significantly, which would reduce the level of parent burnout in fathers’ group. The intervention of parent burnout for exceptional children’ parents should consider the gender difference.

**Key words** exceptional children parent burnout personality parenting expectation

**作者信息：张金荣，湖州师范学院教师教育学院，浙江省湖州市二环东路759号，313000，电话：15067298965，**[**zhangjinr0703@163.com**](mailto:zhangjinr0703@163.com)

**作者简介：张金荣，女，38岁，辽宁师范大学，博士，讲师，学前教育，现从事儿童心理发展与教育研究。主要发表的文章如下：**

**1.3-6岁儿童人格发展的群组序列追踪研究.心理科学.2015,38(3):586-593**

**2.人格对幼儿嫉妒水平的影响.湖州师范学院学报.2015,(12):113-119**

**3.幼儿情绪表达规则策略运用与其同伴接纳的关系.早期教育2015,(11):34-36**

1. **\*本文为教育部人文社科项目“3–6岁儿童人格发展的父母评价体系的构建及追踪测量（16YJCZH146）”研究成果。**

   **1通讯作者：张金荣，博士，讲师，研究方向：儿童心理发展与教育。E–mail：zhangjinr0703@163.com** [↑](#footnote-ref-1)