

THE IMPACT OF PARENTING STYLE ON STUDENTS BURNOUT IN “SKY CASTLE” MOVIE SERIES

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Abstract

This study examines the influence of parenting style on student burnout depicted in the Korean drama “Sky Castle.” Parenting style plays a significant role in shaping children’s emotional and psychological resilience, as family is the primary environment that affects a child’s development, given that it is the closest relationship to the child. “Sky Castle” illustrates how social status, a competitive education system, and rigid parenting can negatively impact students’ mental health. The drama showcases the parenting styles in each family and the family’s ambitions within a competitive social environment as factors that contribute to student burnout. This study aims to promote broader discussion about the significance of balanced parenting in preventing burnout among students and to provide insight into how balanced parenting practices can support their mental health. Utilizing a descriptive qualitative research method, the researcher discovered that out of the three parenting styles, two significantly influenced students’ experiences of burnout. The burnout experienced by students due to these two parenting styles manifested as emotional exhaustion, depersonalization, and diminished personal accomplishment. The results of this study are intended to serve as a reference for parents and other related parties in addressing mental health issues in students.

Keywords: Parenting Style, Student Burnout, Sky Castle

INTRODUCTION

The phenomenon of student burnout, or learning fatigue, is becoming an increasingly relevant issue in the world of education, particularly in a competitive academic environment. Burnout is a global problem characterized by chronic stress conditions that lead to physical, mental, and emotional fatigue. Maslach and Leiter (2016) said that burnout is a psychological condition that arises when an individual experiences prolonged stress in the work environment. However, burnout does not only occur among employees; it can also affect all groups, including students. Additionally, Yahya, Nirwana, Giyoto, & Raharjo (2022) stated that the first case of burnout appeared in the United States. A research journal conducted by Carod-Artal & Vázquez-Cabrera (2013) reported that burnout rates in society range around 72%. This issue is particularly prominent in cultures that regard education as the primary benchmark for success, especially in Asian countries like Indonesia. According to a research journal conducted by Mantali (2019), approximately 82.9% of Gorontalo

students experience burnout. Therefore, based on the prevalence of burnout cases, it is crucial to understand the factors that contribute to burnout in students.

In a highly competitive society, often seen in many Asian countries, parental demands can be unrealistic. The perception in Indonesian society that good academic grades are everything often leads parents to pressure their children, resulting in exhaustion and feelings of helplessness. This can negatively impact students' psychological and physical health, characterized by emotional burnout, a sense of alienation, and decreased self-efficacy. Consequently, many in Indonesia view student burnout as a prevalent stressor among students and a serious issue that needs addressing. The factors contributing to student burnout are quite complex, involving interactions among individual characteristics, the social environment, and external pressures. One significant yet frequently overlooked factor is the family's role, particularly the parenting style used by parents. Parenting style is crucial in shaping children's emotional and psychological resilience. According to Masithah, Soekirman, & Martianto (2005), child development is a complex process made up of various factors, including a child's environment and potential. The family serves as the primary environment influencing a child's development since it consists of those closest to them. Thus, parents should cultivate a family environment that nurtures and protects their children (Fauziyah, 2020). A research journal conducted by Aval, Tahmasebi, & Maleki (2016) with the research title "The Effects of Five Dimensions of Personality and Mental Health of Parents on Parenting Styles" found that there is a significant relationship between mental health and parenting styles (authoritative, authoritarian, permissive). Meanwhile, a study conducted by Fauziyah (2020) with the research title "The Influence of Parenting Styles on Children's Behavior in the Korean Drama Sky Castle" found that parenting styles (authoritative, authoritarian, permissive) affect children's behavior in the Korean drama Sky Castle. Researchers found from both studies that parenting styles greatly affect children's mental health. Therefore, researchers want to discuss parenting styles as one of the causes of students' burnout in more detail. Baumrind (1991) identifies three parenting styles: Authoritarian, Permissive, and Authoritative. Authoritarian parenting emphasizes strict supervision and rules, maintaining tight parental control. Permissive parenting allows children freedom without reprimand or justification, while authoritative parenting strikes a balance between freedom and limits. This parenting style significantly influences the formation of children's character and psychology.

The Korean drama series Sky Castle illustrates how different parenting styles can significantly affect students' mental health and academic performance. The series critiques the phenomenon of "Education Fever," where parents obsessively push their children to enter prestigious universities (Prananjaya & Widiarti, 2020). In addition, Rahmalia & Laeli (2024) stated that the family environment has a significant role in shaping children's character through interactions that occur. Set in an affluent neighborhood, the series portrays families who are determined to help their children achieve academic success by any means necessary. Through its characters, Sky Castle demonstrates how certain parenting approaches, particularly authoritarian and achievement-oriented ones, contribute to students' mental exhaustion.

This study aims to analyze the impact of parenting styles depicted in the Sky Castle series on student burnout. By examining the characters and family dynamics in the drama, this study is expected to foster broader discussions about the importance of balanced parenting in preventing burnout among students and to provide insight into how balanced parenting practices can support students' mental health.

This study aims to address the following problem statements and objectives

- (1) How does the parenting style impact to the student burnout in Sky Castle?
- (2) What kind of burnout found in Sky Castle??

METHOD

This study uses a descriptive case study design with a qualitative approach. This approach was chosen because it enables researchers to conduct a comprehensive examination of one case in depth, specifically the portrayal of burnout in students due to parenting styles in the Korean drama Sky Castle. Qualitative research focuses on collecting descriptive data, which involves interpreting behavior, psychological conditions, and social dynamics that occur within a specific context, rather than relying solely on numerical measurements. The study was conducted over two weeks for data collection, processing, and analysis. The data sources in this study include primary data in the form of scenes, character interactions, and dialogues from the Sky Castle drama that illustrate the impact of parenting styles on student burnout. Additionally, secondary data were gathered from various supporting literature, including scientific journals, books, and relevant articles on burnout and parenting styles. The formal objects of this study refer to the burnout theory by Maslach & Leiter (2016) and Baumrind (1991) theory of parenting styles. Data collection techniques were executed through in-depth observations of scenes in the drama relevant to the research topic. Researchers watched and reviewed specific episodes to identify scenes that include elements of parenting styles and emotional responses from students exhibiting symptoms of burnout. In analyzing the data, the researcher employed the interactive data analysis model from MILES & HUBERMAN (1984), which involves three main stages: data reduction, data presentation, and drawing and verifying conclusions.

RESULTS AND DISCUSSIONS

1. Parenting Style Impact to the Student Burnout in Sky Castle

Parenting style is the pattern of behavior that parents display in raising their children, including how they provide support, administer discipline, and respond to the child's emotional needs. The most widely recognized theory of parenting styles was proposed by Baumrind (1991), who identified three main types: authoritarian, authoritative, and permissive. In the drama SKY Castle, the variety of parenting styles is very prominent, especially how parents use their approach to pursue their children's academic ambitions. This provides a real picture of how an unbalanced parenting style can trigger burnout in students. This can be seen from the scenes throughout the SKY Castle episodes that focus on the parenting from the five families.

a) Authoritarian

Based on the data research found some families use an authoritarian parenting style in raising their children, the Park Soo Chang family and the Cha Min Hyuk family. In the research results conducted by Prasetyani (2023), both families represented an authoritarian parenting style. This data is contained in the episodes 2,4,7,10, and 14.

1) Park Soo Chang Family

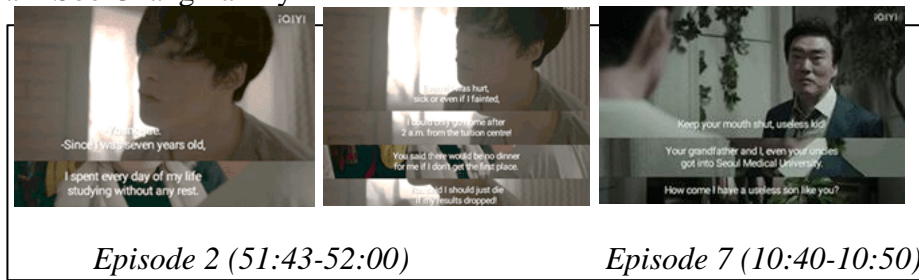


Figure 1. Episode 2 and 7 Scenes

Park Young Jae: “Since I was seven years old, I spent every day of my life studying without any rest. Even if I was hurt, sick, or even if I fainted, I could only go home after 2 a.m. from the tuition Centre! You said there would be no dinner for me if I don’t get the first place. You said I should just die if my results dropped!” (E2, 51:43-52:00)

Park Soo Chang: “Keep your mouth shut, useless kid! Your grandfather and I, even your uncles got into Seoul Medical University. How come I have a useless son like you?” (E7, 10:40-10:50)

Based on the data, it is evident that Young Jae's parents are very authoritarian and strict regarding his education, showing little concern for his well-being. Young Jae often faces punishments and even beatings when he fails to meet his parents' expectations. This is driven by their ambition for him to become a doctor, considering his family background. This parenting style tends to use punishment to discipline children for disobedience and expects strict obedience to obey parental orders (Kang & Moore, 2011). The behavior characteristic of authoritarian parenting makes children more vulnerable to stress, often leading to burnout, as the pressure creates anxiety, unhappiness, and a sense of suffocation.



Episode 4 (25:49-29:30)

2) Cha Min Hyuk Family
Episode 10 (53:53-54:10)

Figure 2. Episode 4 and 10 Scenes

Cha Min Hyuk: “My son will be the one, who will reach here” (E4, 25:49-29:30)

Cha Min Hyuk: “Everyone else is your enemy! Do you want to get killed?” (E10, 53:53-54:10)

Cha Min Hyuk's authoritarian and strict parenting style towards Seo Joon and Ki Joon's education is evident in the data above. The father's ambition to always be number one and his demand to compete not only with his classmates but also with his twin brother illustrate the characteristics of an authoritarian parenting style. In this family, Cha Min Hyuk's role is notably strong, possessing full power and authority as both the head of the family and the father. Parents who use this parenting style often apply strict rules, monitor children with strict schedules that are made, and closely supervise all children's activities (Areepattamannil, 2010).



Figure 3. Episode 14 Scene

Cha Min Hyuk: “I raised a is as good as a worthless (E14, 28:30-29:15)



daughter that parasite”

His authoritarian nature also extends to Cha Se Ri, the twins' sister. The data above reveals that Cha Min Hyuk, disappointed by Se Ri's failure, slapped her and made derogatory remarks because she embarrassed him by not meeting his ambitions. The pressure from Cha Min Hyuk's authoritarian style towards the twins and Se Ri makes the children more vulnerable to stress, ultimately leading to burnout as a result of that pressure.

b) Permissive



Based on the data research found a family that uses a permissive parenting style, namely the Kang Joon Sang family. In the research results conducted by Fauziyah (2020) it was found that Han Seo Jin uses a permissive parenting style. This data is contained in the episodes

1,2,3, and 6.

1) Kang Joon Sang

Family



Episode 2 (13:10-13:20)

Episode 3 (35:20-35:55)

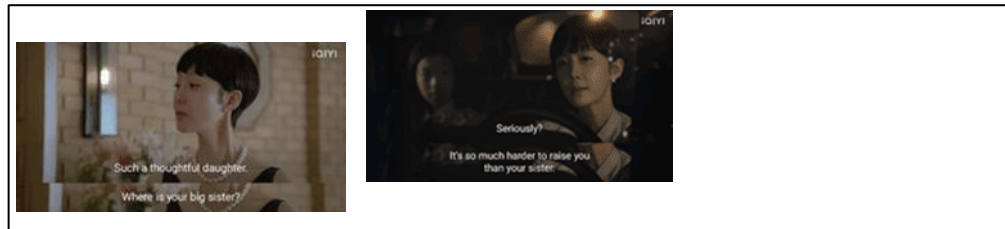
Figure 4. Episode 2 and 3 Scenes

Kim Joo Young: “This is the tutors’ and internal auditors’ resumes. Certificates, background checks and copies of IDs are in there” (E2, 13:10-13:20)

Kang Ye Seo: “I am the student here. I want you to bring back Tutor Kim!”

Kang Ye Seo: “You are annoying” (E3, 35:20-35:55)

Based on the data, it shows that parents, especially mothers, fulfill all their children's educational needs and allow their children the freedom to pursue whatever they want to achieve success. However, this sometimes leads to unstable emotions in children when their wishes are not met or fulfilled, causing them to act casually or even cynically toward their parents, as seen in Kang Ye Seo.



Episode 1 (10:50-11:03) Episode 6 (24:37-24:55) Episode 6 (52:00-52:15)

Figure 5. Episode 1 and 6 scenes

Han Seo Jin: “Such a thoughtful daughter, where is big sister?” (E1, 10:50-11:03)

Han Seo Jin: “Seriously? It’s so much harder to you than your sister” (E6, 24:37-24:55)

Kang Ye Bin: “Being your sister is even embarrassing!”

Han Seo Jin: “How can you be so rude to your sister” (E6, 52:00-52:15)



your

raise

The fulfillment of children's needs by Han Seo Jin is certainly tailored to the characteristics of each child, as different children have varying needs. parents who use permissive parenting tend to rarely use punishment and are more towards freedom in deciding something in their own children's lives (Kang & Moore, 2011). This ultimately results in differences in the mother's treatment of her two children. In the data above, the mother's varied approach when speaking to Ye Bin is noted; Han Seo Jin defends Ye Seo more than Ye Bin because Ye Seo meets her ambitions to a greater extent, drawing Seo Jin's attention more toward Ye Seo. The difference experienced by Ye Bin inevitably leaves Ye Seo feeling lonely and unsupported, which makes her more susceptible to stress and burnout. Therefore, the permissive parenting style employed by parents can lead to stress in their children, contributing to burnout.

c) Authoritative

Based on the data research found some families use a authoritative parenting style in raising their children, namely the Woo Yang Woo family and the Hwang Chi Young family. In the research results conducted by Prasetyani (2023), both families represented an authoritative parenting style. This data is contained in the episodes 3, 6, 12, 17, and 20.

1) Woo Yang Woo



Family

Episode 12 (29:20-29:55) Episode 12 (33:20-33:56) Episode 20 (44:40)

Figure 6. Episode 12 and 20 Scenes

Jin Jin Hee: “I told you to solve the linear equations today! Ye Bin isn’t any better than you in any aspect” (E12, 29:20-29:55)

Jin Jin Hee: “I will never compare you to Ye Bin again” (E12, 33:20-33:56)

Based on the data, initially, this family used an authoritarian parenting style because of the competitive social environment, such as excessive demands for learning and

giving punishments. However, knowing that Soo Han felt stressed by the pressure, Jin Jin Hee realized her mistake and preferred Soo Han's mental health and changed her parenting style to be authoritative. This change made Soo Han even more cheerful and seemed harmonious with his family. They freed him to make decisions while still considering his parents. The attention and giving of freedom with stable rules and supervision made Soo Han more confident, independent, and frank with his parents.



Episode 3 (22:00-22:08) Episode 6 (08:20-08:28) Episode 17 (37:48-37:55)

Figure 7. Episode 3, 6, and 17 Scenes

Lee Soo Im: “I try to view things from his perspective, that’s all” (E3, 22:00-22:08)
 Lee Soo Im: “That was brave of her. Invite her over one day. I wish to meet her in person” (E6, 08:20-08:28)

The data above proves that Hwang Chi Young's family uses an authoritative parenting style. Hwang Chi Young and his wife always give enough attention and affection to Woo Joo by giving freedom to Woo Joo's desires under parental control and always support Woo Joo in any circumstances. This parenting style helps teach children to be independent, confident, and self-controlling (Santrock, 2009). Therefore, Woo Joo becomes an independent, responsible, and confident child. This makes Woo Joo have control of their emotions better and does not cause stress that leads to burnout because there is a balance between freedom and boundaries that makes children feel safe and happy.

Table 1 The Impact of Parenting Style Analysis Result

Parenting Style	Family	Impact
Authoritarian	Park Soo Chang Family Cha Min Hyuk Family	Makes children more susceptible to stress and makes children anxious, unhappy, and feel suffocated.
Permissive	Kang Joon Sang Family	Makes children less independent, less responsible, like to act as they please, have unstable emotions, and are confrontational.
Authoritative	Woo Yang Woo Family Hwang Chi Young Family	Allows children to control their emotions better, fell safe, and happy because the balance between freedom and boundaries that makes children feel safe and happy.

Based on the analysis table above, it was found that three parenting styles exist at Sky Castle: two families practicing an authoritarian parenting style, one family adopting a permissive style, and two families implementing an authoritative style. These findings align with research conducted by Fauziyah (2020) and Prasetyani (2023), who focused on parenting styles and their impact on children's behavior, while this researcher concentrated on their effect on student burnout. The results in the table also indicate that the influence of parenting styles on stress leading to burnout is observed in two of the three parenting styles, authoritarian and permissive along with their respective effects on students. Students with parents who use these styles tend to experience higher stress, which may result in burnout. In contrast, students with parents who adopt an authoritative parenting style are better able to manage their emotions, making them less stressed.

2. Kind of Burnout

In education and academics, parenting plays an important role in shaping children's learning motivation, stress resistance, and mental health. Lack of supportive relationships with parents will cause stress, so that the emotional relationship between parents and students becomes increasingly strained, resulting in students experiencing burnout (Purnamasari, Fitriana, & Ismah, 2024). According to Maslach & Leiter (Biremanoe, 2021), burnout is emotional, physical, and mental exhaustion caused by a rigid or harsh environment that is psychologically demanding. There are three types of burnouts: emotional exhaustion, depersonalization, and reduced personal accomplishment (Maslach & Leiter, 2016). Researchers found all three types of burnouts in the drama series Sky Castle in several episodes.

a) Emotional Exhaustion

Emotional exhaustion is someone who feels their emotions are drained and their emotional resources are reduced. This burnout found in two types of parenting styles, namely authoritarian and permissive. As a result of the impact of stress caused by both parenting styles that can found in episodes 2, 4, 6, 7, 14, and 16.

1) Authoritarian



Figure 8. Episode 2, 4, and 7 Scenes

Park Young Jae: “Why did my mother give birth to me? I shouldn’t have been born if she only scold and beats me. Is my death the only way to make her happy?” (E2, 44:01-44:15)

Lee Myung Jae: “Young Jae! Look at me! Are you alright?” (E7, 13:03-13:08)

The data shows that Park Soo Chang's family, who uses an authoritarian parenting style, makes Young Jae experience emotional exhaustion due to the pressure from

her family. This eventually makes Young Jae experience psychological disorders due to the parenting style.



Episode 4 (29:15)

Episode 16 (42:00-42:15)

Figure 9. Episode 4 and 16 Scenes

Cha Ki Joon: “The earth is round. Why do you want a pyramid?” (E16, 42:00-42:15)
 Cha Min Hyuk's family also made his three children experience emotional exhaustion due to pressure, ambition, and demands from their father. The authoritarian parenting style and pressure from their father made them end up experiencing burnout. Cha Seo Joon and Cha Ki Joon were seen experiencing emotional exhaustion due to their father's demands to get good grades, always be number one, like the top in, and demanded them to compete with their siblings.



Figure 10. Episode 14 Scene

Cha Se Ri: “You only recognize me as your daughter when I get good grades!” (E14, 28:00-28:07)

Meanwhile, Cha Se Ri faces emotional exhaustion due to her father's ambition and his demands for her to achieve good grades to get into Harvard University, which he dreams of. Studying abroad, Cha Se Ri must cope with her father's pressure while also adapting to a different academic environment. This stress leads to various emotions, ultimately resulting in exhaustion, as she lacks support from those closest to her. This situation contributes to the burnout experienced by Cha Se Ri and her twin sister, characterized by emotional exhaustion.

2) Permissive



Episode 12 (26:03-26:06)

Episode 14 (17:46-18:00)

Figure 11. Episode 12 and 14 Scenes

Kang Ye Seo: “Mom, I am so exhausted from putting up with this. How could you do that?” (E12, 26:03-26:06)

Kang Ye Seo: “You lied about your past for so long, you even lied to your daughters. Can you even criticize Tutor Kim? This is about me! This is my life! Stay out of my life, no matter if I go to university or not” (E14, 17:46-18:00)

Based on the data, Kang Joon Sang's family, who uses a permissive parenting style, also experiences emotional exhaustion. Kang Ye Seo experiences burnout due to problems such as her mother's lies and other family problems that are not under her control, making things not go according to her wishes, which makes her stressed and emotionally exhausted. In the end, the emotions caused by the pressure experienced by Ye Seo interfere with Ye Seo's academic grades, which have decreased due to this.

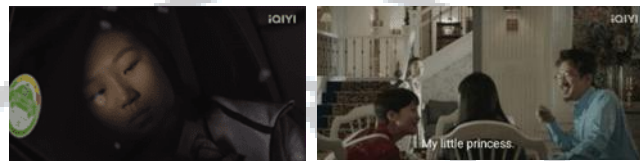


Figure 12. Episode 6 Scene (24:55 and 29:14)

The difference in treatment from parents experienced by Kang Ye Bin also became a pressure for her. As a result of her mother only focusing on Ye Seo and comparing her to her sister, she felt emotionally exhausted because of it. This also made her indifferent to her academic grades because she was often compared to her sister, who was always noticed and cared for by her mother.

b) Depersonalisation

Depersonalization is an attempt to create a distance between oneself and the surrounding environment by ignoring other people's opinions of oneself. This burnout is found in two types of parenting styles, namely authoritarian and permissive. As a result of the impact of stress caused by both parenting styles that can be found in episodes 2, 6, 8, and 14.



1) Authoritarian

Episode 8 (16:00-16:10)

Episode 2 (41:28-41:33)

Episode 2 (53:08)

Figure 13. Episode 2 and 8 Scenes

Park Soo Chang: “That brat seems serious about cutting all ties with me, he wouldn’t answer my calls” (E8, 16:00-1610)

Kang Ye Seo: “I texted him out of curiosity to get the notes for reference. But his shut off his phone. His even deleted his social media account” (E2, 41:28-41:33)

Park Young Jae: “I no longer want to live as your son” (E2, 53:08)

The data above shows that Young Jae broke off relations with his father and his surroundings and chose to leave home because he could no longer stand the pressure he received, and ended up not re-registering after he was accepted at Seoul Medical University. This is included in one of the burnouts, depersonalization.

2) Permissive

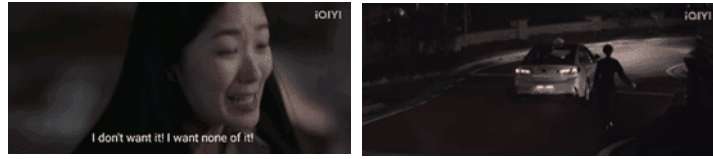


Figure 14. Episode 14 Scene

Kang Ye Seo: “I don’t want it! I want none of it!” (E14, 53:50-53:55)

Due to many things that happened not according to Ye Seo's wishes, she couldn't stand her family, leave and feel like she which made Ye Seo choose to didn't need her parents anymore, which eventually also disrupted her academic environment. The things she experienced included burnout, depersonalization.



Figure 15. Episode 6 Scene (52:00)

Likewise, with Kang Ye Bin, who also chose to leave home because she felt she was no longer needed by her parents. This feeling made her want to get away from her social environment, including her family, which made Ye Bin experience depersonalization.

c) Reduced Personal Accomplishment

Reduce personal accomplishment is decrease in confidence in an individual’s abilities. This is the stage where the individual feels pessimistic about their abilities. This burnout is found in two types of parenting styles, namely authoritarian and permissive. As a result of the impact of stress caused by both parenting styles, which can be found in episodes 10 and 14.

1) Authoritarian



Figure 16. Episode 14 (27:59)

Cha Se Ri: “Simply being myself will never be enough for you!” (E14, 27:59)

Based on data, the ambition and demands of her father that she experienced make Se Ri, who is unable to fulfill her father's ambition, feel that she has failed as her child

if she does not fulfill her father's ambition. Se Ri, who feels unable to fulfill her father's ambition, is required to lie by falsifying her grades and certificates to fulfill her father's demands and ambitions. The feeling of inability and feeling of failure is one of the burnouts, reduced personal accomplishment.

2) Permissive



Figure 17. Episode 10 Scene (24:57-25:24)

Kang Ye Seo: “Poverty, ignorance, flaws, and the blood of drunkard that flows in your veins! I have the exact same gene inside of me!” (E10, 24:57-25:24)

Kang Ye Seo also experienced burnout, reduced personal accomplishment, due to the lie of her proud background that her mother had always been making Ye Seo who believed she was born from great genes all this time made Ye Seo feel inferior to herself after knowing that her mother lied that she came from a rich and smart family when in fact her mother came from a family of meat sellers in the market with a father from her mother's side who liked to get drunk and get angry. This made Ye Seo feel very depressed by this fact and felt that she had bad genes, which made her feel insecure and ended up feeling inferior or feeling like a failure as a child or student who was born with good genes, which also interfered with her academic grades. This feeling made Ye Seo experience burnout, reduced personal accomplishment.

Table 2 Kind of Burnout Analysis Result

Kind of Burnout	Parenting Style		
	Authoritarian	Permissive	Authoritative
Emotional Exhaustion	✓	✓	X
Depersonalization	✓	✓	X
Reduced Personal Accomplishment	✓	✓	X

Based on the results of the analysis table above, several instances of burnout were found in the parenting style in the Sky Castle movie series. Deng et al. (2022), stated that stress from family are cause negative impacts on student performance and student learning outcomes and are also cause student depression. From the results of the influence of parenting style on stress that can cause burnout, it can be concluded that the strict and authoritarian authoritarian parenting style and the permissive parenting style that tends to focus more on fulfilling the needs of children who are free to allow them to act freely in pursuit of success greatly affect burnout in students because the pressure and demands that exist make students more easily stressed. Students with parents who use both parenting styles were found to experience three types of burnouts, emotional exhaustion, depersonalization, and reduced personal accomplishment. Meanwhile, students with

parents who use an authoritative parenting style did not experience burnout because students with this parenting style tend to be better able to control their emotions and can solve existing problems, and support from parents makes children less likely to experience stress that leads to burnout. It was concluded that only two parenting styles affect burnout in students, namely authoritarian and permissive.

CONCLUSION

Based on the results of the analysis, it can be concluded that the Korean drama Sky Castle clearly depicts the influence of parenting styles on student burnout. This study found that burnout experienced by students in the drama was primarily caused by parenting. The results revealed that the authoritarian and permissive parenting styles exhibited by several parental figures in the drama significantly contributed to emotional and psychological stress in children. The authoritarian parenting style features high demands, strict control, and a lack of emotional support, making children more vulnerable to stress, which ultimately leads to burnout due to the pressure causing anxiety, unhappiness, and feelings of suffocation. In contrast, the permissive parenting style involves parents, particularly mothers, fulfilling all educational needs of their children, allowing them to act freely in pursuit of success. This results in children becoming less independent and responsible, acting as they please, experiencing unstable emotions, and displaying confrontational behavior. Both parenting styles contribute to emotional exhaustion, depersonalization, and decreased personal achievement among students. Meanwhile, the authoritative parenting style does not lead to any burnout in students because it enables children to manage their emotions better and avoids the stress that results in burnout. This is due to a balance between freedom and boundaries, making children feel safe and happy. This demonstrates that the authoritative parenting style is optimal as it balances rules and freedom for children. The study indicates that Sky Castle not only illustrates family conflicts over children's education but also serves as a critical reflection of social reality in a competitive educational culture, particularly in Asian countries. Therefore, this study emphasizes the importance of balanced parenting to support students' mental health and provides valuable insights for parents, educators, and policymakers in creating a healthy learning environment and fostering the psychological development of students.

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