

Literature Review: Early Childhood Parenting Efforts in Dual Earner Family

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Article Info	Abstract
Keywords: <i>Parenting Effort;</i> <i>Early Childhood;</i> <i>Dual Earner Family;</i> <i>Work Balance;</i> <i>Literature Review</i>	The phenomenon of dual earner families, where both parents work outside the home, is increasingly prevalent in modern Indonesian society. This study aimed to examine early childhood care efforts in dual earner families in Indonesia. This research uses a literature review method with a scoping review technique to select relevant literature. Literature sources were searched online through the Google Scholar database through the Publish or Perish (POP) application, SpringerLink and ScienceDirect websites, and google searches. The results showed that dual earner families face significant challenges in balancing the demands of work with childcare. Although this model provides economic benefits, time constraints often lead to dependence on external caregivers, which can have an impact on child development, especially in parent-child interactions. Key challenges include sociological, psychological, economic and policy aspects. To address this, a comprehensive strategy involving supportive policies, the role of communities, the utilization of technology, as well as government intervention in providing supportive infrastructure is required. This research is expected to be an initial stepping stone for further empirical studies that are more in-depth about early childhood care in dual earner families in Indonesia.

1. INTRODUCTION

Parenting can be interpreted as an educational process that aims to instill character, self-control abilities, and shape desired behavior (Fadlillah et al. in Ngewa, 2019). Parenting activities involve ongoing interactions between parents and children, with the aim of maximizing children's growth and development (Rakhmawati in Fajrin & Purwastuti, 2022). Some principles of effective parenting include: (1) Proper parenting will shape children with positive personalities such as self-confidence, independence, responsibility, resilience, intelligence, good communication skills, resistance to negative environmental influences, and the ability to face future life challenges; (2) Parenting based on love is a fundamental right of every child that must be fulfilled by parents; and (3) Quality parenting includes health care, fulfillment of nutritional needs, provision of love, and stimulation (Ngewa, 2019).

The success of families in implementing the concept of good and quality parenting is highly dependent on the active participation of parents in childcare according to their respective roles. Parents' involvement in parenting has a direct impact on children by providing examples and guiding and explaining the values or norms that apply in society (Fajrin & Purwastuti, 2022). The role of fathers and mothers in parenting is equally important, although the approach used by both parents is slightly different (Verauli in Fajrin & Purwastuti, 2022). Mothers usually play a role in fostering feelings of affection and love through affection and tenderness, helping children develop good language skills, and teaching good behavior. On the other hand, fathers tend to play a role in increasing children's self-confidence, motivating the spirit of achievement, and teaching responsibility (Fajrin & Purwastuti, 2022). Parents must provide the necessary experiences for children's intelligence to develop optimally.

Although each parent has a different parenting style, the mother's early involvement in parenting can have a good or bad influence on the child's development. The different approaches between fathers and mothers are not a barrier, but rather complementary, so that children grow up with good personalities and harmonious and prosperous families. However, over time, economic demands increasingly force many parents, including mothers, to work (Fitri et al., 2023; Novita & Danugiri in Budyawati et al., 2023). Families now need two sources of income to achieve economic stability, which causes women's roles to no longer be limited to household affairs. They also help the family economy.

According to Burke, modern women have an important role in supporting the welfare of families and countries (Muslim & Perdhana in Fajrin & Purwastuti, 2022). When women work and earn, there is a shift in roles in the family, from initially only the husband working to both working, which affects the dynamics of the roles of husband and wife (Wibowo in Sulastri, 2022). This phenomenon is known as a dual earner family, where both husband and wife work for a living (Rustham, 2019). This situation is different from the traditional family concept, where only the husband works (Harpell in Rustham, 2019). Some literature uses the terms dual career family, dual income family, or dual worker family to refer to the same concept.

Based on data from the February 2023 National Labor Force Survey (Sakernas), the number of female formal workers in Indonesia reached 52.74 million people aged 15 years and over, equivalent to 38.98% of total workers in Indonesia. The largest formal occupation involving women is sales force (28.44%), followed by executive, administrative, and similar officials (6.2%). However, the proportion of women in high-level professions is still low, at only 0.78% (Statistics Indonesia, 2023). Related to this data, the role of women as mothers has undergone significant changes. The high economic demands have led to an increase in the number of dual earner families, which has a positive impact on family welfare but often creates a double burden for women (Sulastri, 2022).

The impact of working mothers on child development is an important issue in two-income families. Research shows that working mothers tend to have less time with their children, which can affect their cognitive, social and emotional development (Haryati in Handayani et al., 2017). Pelcovitz noted that children cared for by full-time working mothers are more prone to behavioral problems and lower cognitive scores (Handayani et al., 2017). Han (in Handayani et al., 2017) also emphasized that long working hours and night work can affect the quality of interactions between mothers and children. However, views on the impact of working mothers are not entirely negative. Hanum (2015) points out that working mothers, if able to manage their time well, can have a positive impact on children's socio-emotional development, such as discipline and school engagement.

Child development due to working mothers involves various emotional, social and cognitive factors. Research shows that the presence of working mothers can affect children's development positively or negatively, especially in terms of the emotional development of children aged 4-6 years (Oktavia et al., 2023). Children with working mothers tend to face emotional challenges, but some also show good emotional development (Zahira, 2023). Although working mothers often face challenges in prioritizing between work and parenting, more than half of children show good social development (Dary, 2023). Maternal knowledge about child development also plays an important role in supporting optimal child development (Syahailatua & Kartini, 2020). In contrast, working mothers may have difficulty maintaining quality interactions with their children, which may affect their children's cognitive and affective development (Sari & Andayani, 2021; Hayat, 2022). Working mothers also tend to practice stricter parenting, which can affect children's self-confidence, while non-working mothers tend to practice democratic parenting (Nisaa', 2022). Overall, the impact of working mothers depends largely on their parenting style, maternal knowledge, and the quality of interaction between mother and child, and with the right approach, working mothers can still provide good stimulation for their child's development. The key is the mother's ability to balance work and parenting.

Family welfare can be achieved through harmonious gender role cooperation in the household (Siswati & Puspitawati in Fajrin & Purwastuti, 2022). Family resilience and harmony can only be realized if each family member carries out their functions in harmony, harmony, and balance (Ngewa in Fajrin & Purwastuti, 2022). In this case, the division of roles between husband and wife is very important to prevent conflict. Role imbalances, such as unequal division of responsibilities and time for family and work, can lead to marital instability (Gradianti & Suprapti in Fajrin & Purwastuti, 2022).

On the other hand, the balance between work and family demands often leads to feelings of guilt in parents who feel unable to fulfill their responsibilities in parenting, especially regarding the time given to children. Parental involvement in parenting can be measured by how much time they spend with their children and the types of activities they do together (Fajrin & Purwastuti, 2022). Therefore, in two-earner families, childcare often involves parties outside the nuclear family, such as grandparents, primary caregivers, or childcare institutions. Childcare institutions are a solution for working parents, where they act as a temporary substitute in nurturing, caring for and protecting children (Putri, 2018). Children who spend most of their time in childcare or school tend to have more interactions with their peers.

Parents' involvement in the care of children in daycare shows that spending time with their children is not easy for two-earner families. In fact, often when picking up children from daycare, parents leave this role to

caregivers or grandparents (Fajrin & Purwastuti, 2022). In fact, providing quality time with children is very important to strengthen emotional bonds, provide opportunities for parents to play an active role in various aspects of children's lives, and make children a top priority. Therefore, further exploration of parenting in dual earner families is needed to understand the impact on children.

Research on dual earner families has been done before, such as by Mortejo in 2024 with the title *Balancing Work and Family Commitments: Adaptive Strategies of Dual-Income Couples*, which discusses the adaptive strategies of couples in dual earner families in general in balancing work and family commitments. Reformasi et al. (2023) also conducted a study entitled *Systematic Literature Review on Dual-Career Families and Childcare*, which highlighted the role of third parties in childcare in dual earner families.

However, this study has a more specific focus, namely on early childhood care in the context of dual earner families. This exploration is expected to pave the way for further empirical research on early childhood care in dual earner families, especially in Indonesia. This research aims to provide an overview of the balance of parental roles in dual earner families, the impact on childcare, the challenges that arise in early childhood care, and the strategies that can be used to overcome these challenges. This focus is important to support the creation of a harmonious and prosperous family.

2. METHODS

This study used a literature review method with a scoping review technique, which was chosen because it was able to provide a comprehensive picture of early childhood care in dual earner families. This technique is considered more flexible than systematic review, because it allows researchers to explore a wide and heterogeneous range of literature, without being limited by quantitative evaluation of article quality as in meta-analysis (Levac, Colquhoun & O'Brien in Aisah et al., 2021). Therefore, scoping reviews are more suitable for topics that require initial exploration or that have not been widely researched in depth. The data used in this study are secondary data, in the form of accredited journal articles published between 2015 and 2024.

Articles were selected based on their relevance to the topic of early childhood care in dual earner families. In addition, inclusion and exclusion criteria were applied to screen the literature used. Data was collected through an online literature search using the Publish or Perish (PoP) application on the Google Scholar database, as well as articles found on the SpringerLink and ScienceDirect websites. In addition, the search process was also carried out through the Google search engine. Using relevant keywords, such as dual earner family OR dual career family OR dual income family OR dual worker family, parental involvement OR parent involvement, parenting OR parenting, and early childhood OR early childhood. Table 1 is the following instrument table was used to analyze the various aspects discussed in this study. Articles that had passed the selection based on the inclusion and exclusion criteria became the main source of research. However, to improve the comprehensiveness and quality of the discussion, the researcher also added several articles beyond those that passed the screening stage. This was done for the following reasons:

- (1) Relevance: Additional articles provide data or perspectives that are not sufficiently covered in the articles that passed the screening stage, especially in certain aspects that are important to enrich the study.
- (2) Increasing comprehensiveness: The use of supplementary literature allows researchers to cover broader and deeper issues, which may not be fully represented in the screened articles. This is important to provide a more comprehensive picture of parenting in dual earner families.

(3) Transparency: The addition of literature was selective and relevant to the topic, without changing the selection criteria. The entire process of adding additional articles was explained transparently to ensure consistency with the research objectives. Data analysis was conducted through three stages as follow.

a) Article screening

Articles found through the literature search were systematically screened based on predetermined inclusion and exclusion criteria. Inclusion criteria included articles published between 2015 and 2024, discussing early childhood care in dual earner families, published in Sinta-indexed national journals with at least one citation, and in international journals with an ISSN. Inclusion criteria including theses, book chapters, papers and literature review articles were excluded at this stage.

b) Content analysis

After the screening was completed and articles that met the criteria had been collected, the next step was content analysis. At this stage, the screened articles were analyzed using the research instrument as a guide. The instrument includes indicators relevant to the topic, such as the balance of parental roles, the impact of parenting, challenges, and strategies applied in dual earner families. All articles that pass will be analyzed in depth to identify themes and patterns.

c) Synthesis of results

The results of this research analysis were synthesized using a thematic approach, where the indicators in the research instrument, such as parental role balance, parenting impact, challenges and strategies, were used as an initial guide in identifying patterns that emerged from the data that had been collected. Each category was organized around key themes that emerged from the content analysis, and then further analyzed

Table 1. Research Instruments

Research Aspects	Variable		Indicator	Instrument Source		
Balance of parental roles in dual earner families	Work-Family (WFC)	Conflict	Skipping activities with family due to work responsibilities	Gemmano et al. (2023)		
			Stress from work negatively impacts family life			
			Behavioral conflict between work demands and family roles			
	Work-Family (WFB)	Balance	Can achieve role expectations in the workplace and family			
			Able to negotiate and resolve work and family responsibilities well			
			Feel balanced in meeting demands between work and family			
	Work exhaustion		Feeling emotionally drained by work			
			Frustrated and exhausted by the demands of work			
			Running out of energy in completing work tasks			
The impact of dual earner families on childcare	Child's well-being	psychological	Mood (Positive/Negative)	Rustham (2019)		
			Aggressiveness Level			
			Attitude towards school			
			Anxiety, Stress Level			
	Child development		Development of children's abilities			
	Parental involvement		Frequency of involvement in the child's activities			
			Quality of interaction (emotional availability)			
			Role in homework or learning activities			
	Quality of time spent with children		Amount of time spent together			
			Types of activities done together (active/passive)			
			Work-to-family spillover effects (emotional or cognitive)			
	Challenges in early childhood care in dual earner families	Work Conflict Interferes with Family (WFC)			Work demands interfere with time that should be spent with family	Meliani et al. (2014)
					Work makes it difficult for parents to carry out childcare duties at home	
		Family Conflict Interferes with Work (FWC)			Responsibilities at home hinder work at work	
					Current parents leave work to settle family matters	
Parental stress			Parents feel stressed because it is difficult to divide time between work and children			
			Parents feel exhausted in managing work and childcare at the same time			
Reliance on third-party caregivers			Parents feel stressed because it is difficult to divide time between work and children			
			Parents feel exhausted in managing work and childcare at the same time			
Strategies to overcome parenting challenges in dual earner families		Household management	task	Division of daily tasks	Takayama et al. (2020)	
	Household-related decision-making					
	Coordination of family schedule					
	Expectations of partner's role					
	Role sharing agreement					
	Trust in task sharing		Level of trust in partner's abilities			
			Willingness to delegate tasks			
			Acceptance of the way the partner performs the task			
			Evaluation of partner's work			
	Approach to handling tasks		Each partner's parenting style			
			Conflict resolution methods			
			Flexibility in carrying out tasks			
			Innovation in overcoming challenges			
	Emotional labor		Efforts to maintain harmonious relationships			
			Children's emotion management			
			Stress management			
	Responsibility sharing strategy		Emotional support for couples			
			Task management burden recognition			
			Adjustment of personal rules			
			Recognition of partner as co-manager			
	Sentient activity		Recognition of partner as co-manager			
Respect for partner's point of view						
Sensitivity to the needs of family members						
Empathy in family interactions						
Responsiveness to mood changes						
Ability to read the family situation						
Time management for parenting						
Fulfillment of children's developmental needs						
Consistency in rule application						
Adaptation to the stages of child development						

to uncover variations within each indicator. This approach allowed for a more in-depth exploration, not only uncovering issues that fit the instrument, but also discovering new themes that may have been unexpected, thus providing a comprehensive picture of early childhood care in dual earner families.

Researchers used the PRISMA-ScR (Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews) guidelines to document the literature search and selection process. The PRISMA-ScR flowchart describes the amount of literature identified, screened and eligible for further analysis (Tricco et al., 2018). Researchers also consult with experts in related fields. In this case, the researcher consulted an early childhood education lecturer, to get input related to the selection of literature, the search process, and the completion of this research.

3. RESULT AND DISCUSSION

This research went through several stages that were systematically designed to ensure that only relevant articles that met the criteria were included in the final review. The first stage was the identification of articles from various databases, including Google Scholar, SpringerLink, Science Direct, and Google Search Engine. At this stage, a total of 439 articles were identified from Google Scholar, 60 from SpringerLink, 179 from Science Direct, and 8 from Google Search Engine. After identification, a filtering process was carried out to assess the relevance of the article to the research topic. Articles that did not fit the topic were excluded, resulting in 390 articles from Google Scholar, 30 from SpringerLink, 73 from Science Direct, and 8 from Google Search Engine for further evaluation.

The next step was the eligibility assessment, where only articles published between 2015 and 2024 were considered. At this stage, articles that did not meet criteria such as having not been cited, not published in an accredited journal, or not downloadable were also eliminated. After a rigorous screening and elimination process, only 13 articles passed to be included in the final review. The selected articles consisted of 3 articles from Google Scholar, 1 from SpringerLink, 1 from Science Direct, and 8 from Google Search Engine. Through this process, the research ensured that the literature used was the most relevant and up-to-date, providing a solid foundation for further review. Figure 1 are the stages of the article filtering process using the PRISMA-Scr flow chart. Table 2 is the 13 articles that passed the screening stage. Table 3 is the results of the content analysis of the 13 articles that passed the screening stage. Table 4 is the additional articles used in the discussion with the aim of making this research more comprehensive in discussing childcare in dual earner families.

Parental Role Balance in Dual Earner Families

Dual-earner families face great challenges in balancing work and childcare roles, especially due to work-family conflict (WFC). This conflict occurs when work responsibilities reduce the time that should be used for family, known as work-interfering-with-family (WIF) (Stephat et al., 2021). Research shows that WFC has a negative impact on family well-being, especially for wives who often have to fulfill dual roles as breadwinners and primary caregivers (Mendoza et al., 2019; Meliani et al., 2014). Although dual-income families have economic benefits, the emotional stress experienced by parents in this dual role can threaten household harmony and reduce the quality of childcare (Meliani et al., 2014). In this context, the role of fathers is no less important in achieving a balance between work and childcare. Fathers' involvement in parenting not only contributes to children's emotional well-being, but also strengthens the husband-wife relationship. When fathers are actively involved in parenting, the burden felt by wives in carrying out dual roles can be reduced, creating a more equitable division of tasks at home and increasing marital satisfaction (Meliani et al., 2014; Afriliani et al., 2021).

On the other hand, mothers in dual-earner families often experience greater challenges. Research reveals that mothers tend to feel physical and emotional exhaustion more intensely than fathers, due to the greater burden of responsibility in both domains (Walsh & Murphy, 2021). While various strategies, such as effective time management and the use of technology, can help mothers manage household tasks, support from a partner is still indispensable to alleviate this burden (Jidi et al., 2023). The stress faced by parents due to WFC has the potential to affect their mental health, especially in the form of emotional exhaustion and decreased levels of life satisfaction (Walsh & Murphy, 2021). If not addressed, prolonged stress can lead to psychological disorders such as depression and anxiety, which often go undetected (Sinha, 2017). Therefore, greater attention to the psychological impact of WFC is essential, along with the provision of appropriate support, such as social support and policies that facilitate work-family balance (Hu et al., 2022).

Furthermore, social expectations and views on gender roles also influence role balance in dual-earner families. Traditional views of gender roles often create additional stress for couples, especially when caregiving duties are not equally distributed (Munn & Chaudhuri, 2015). Couples who have an egalitarian view of role sharing are usually more satisfied in marriage, while those who are still stuck in a traditional mindset tend to experience conflict and dissatisfaction (Yoo, 2021). Educating people about the importance of equitable division of tasks and fathers' involvement in childcare is crucial (Bjørnholt & Stefansen, 2018). To overcome these challenges, many dual-earner families use alternative care, such as help from grandparents, domestic help, or daycare (Pitriyani et al., 2023; Hong & Wang, 2023). While these solutions can reduce WFC, challenges arise when busy work reduces

direct interaction between parents and children, which in turn can negatively impact the quality of parenting (Peterson, 2018; Parinduri et al., 2022).

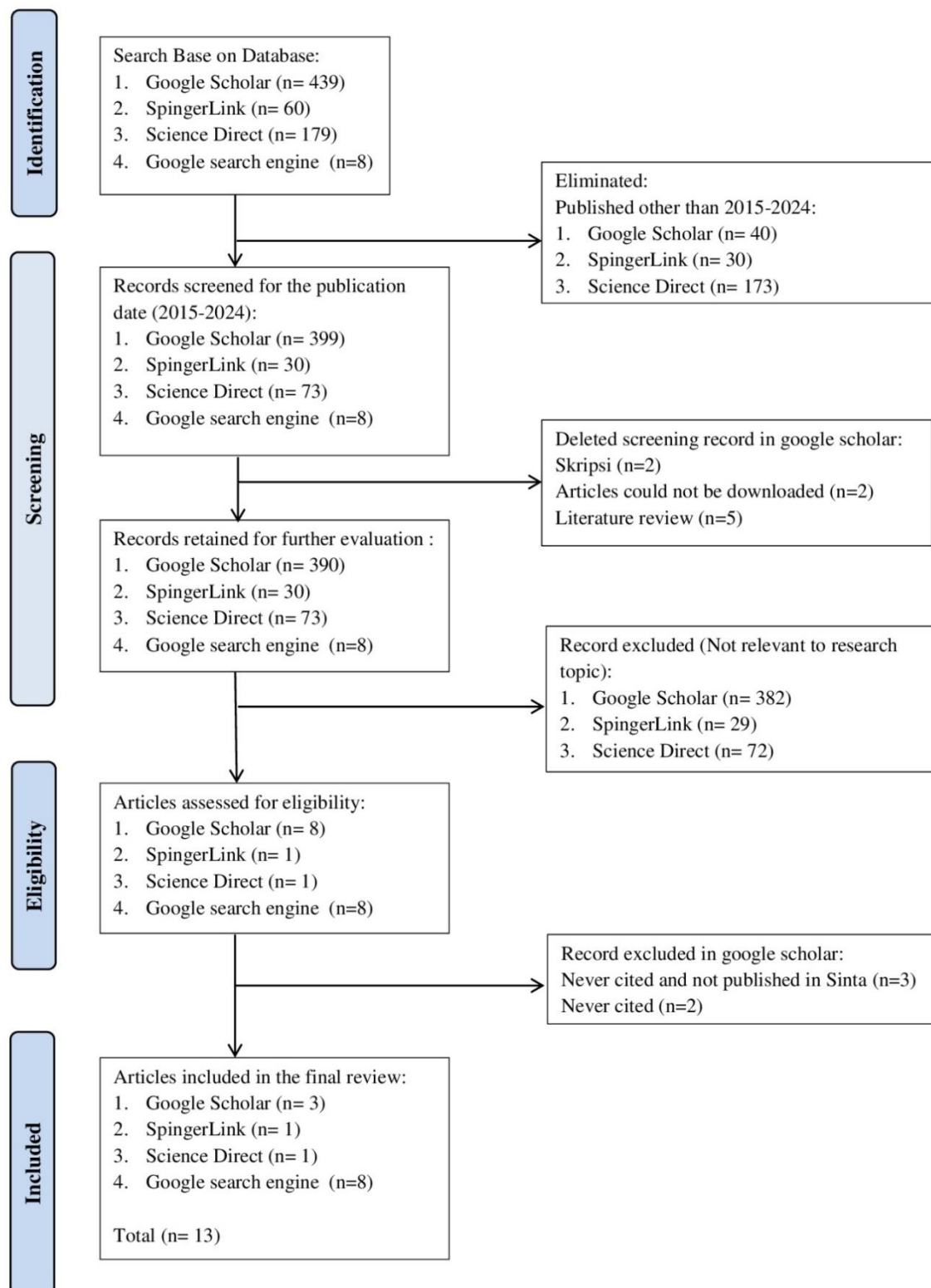


Figure 1. PRISMA-S flowchart

Tabel 2. List of Articles

No	Author	Year of Publication	Title	Journal	Number of Citations
1	Joana Marina Vieira, Marisa Matias, Frederick G. Lopez and Paula Mena Matos	2016	Relations of Work-Family Dynamics to Parenting Experiences: A Dyadic Analysis of Dual-Earner Couples	Journal Work, Health & Organisations International Journal	71
2	Verhoef, Melissa, Tammelin, Mia, May, Vanessa, Rönkä, Anna, Roeters, Anne	2016	Childcare and parental work schedules: a comparison of childcare arrangements among Finnish, British and Dutch dual-earner families	JYX (Jyväskylän Yliopisto University of Jyväskylä) International Journal	63
3	Tiago Ferreira, Joana Cadima, Marisa Matias, Joana Marina Vieira, and Teresa Leal, Paula Mena Matos, Karine Verschueren	2017	Trajectories of Parental Engagement in Early Childhood Among Dual-Earner Families: Effects on Child Self-Control	Developmental Psychology International Journal	56
4	Novia Rachmanik Putri	2018	Implementasi Peranan Taman Penitipan Anak (TPA) Sebagai Wahana Pengasuhan Anak Bagi Orang Tua Bekerja	SOSIOLOGI: Jurnal Ilmiah Kajian Ilmu Sosial dan Budaya Sinta 4 indexed	2
5	Tawaduddin Nawafilaty	2019	Pola Pengasuhan Alternative Dual Career Family Dalam Pemenuhan Kebutuhan Asih Anak	JCE (Journal of Childhood Education) Sinta 4 indexed	5
6	Fitri Ayu Fatmawati	2020	Implementasi Pendidikan Karakter Anak Usia Dini Pada Orangtua Yang Bekerja	Jurnal Golden Age Hamzanwadi University Sinta 4 indexed	4
7	Cahya Sekar Melati dan Rachma Hasibuan	2021	Pengaruh Orang Tua Bekerja Terhadap Perilaku (Positive) Anak Usia 5-6 Tahun Pada Masa Pandemi	Jurnal Pendidikan Indonesia Sinta 4 indexed	6
8	Noora Lari, Noor Al-Emadi	2021	Measuring Parental Involvement in Dual-Earner Qatari Families	Journal of Child and Family Studies International Journal	2
9	Minseop Kim	2021	Parental Nonstandard Work Schedules and Child Development: Evidence from Dual-Earner Families in Hong Kong	International Journal of Environmental Research and Public Health International Journal	11
10	Muhammad Abrar Parinduri, Endang Haryati, Marizha Nurcahyani	2022	Model Pengasuhan Alternatif pada Dual Career Family: Studi pada Keluarga suku Batak Toba	Jurnal Obsesi: Jurnal Pendidikan Anak Usia Dini Sinta 2 indexed	8
11	Ranita Sari, Uswatun Hasanah, Prastiti Laras Nugraheni	2023	Strategi Mindful Parenting Pada Dual Careers Family	JKKP (Jurnal Kesejahteraan Keluarga dan Pendidikan) Sinta 4 indexed	1
12	Nurhafizah Nurhafizah, Wilma Rahmah Hidayati, Hermayulis Syam	2023	Analisis Parenting Stress Orang Tua Bekerja yang Memiliki Anak Usia Dini di Kecamatan Lima Kaum	Jurnal Obsesi : Jurnal Pendidikan Anak Usia Dini Sinta 2 indexed	3
13	Linxiao Zhang	2024	Shaping gender disparity in childcare between dual-earner parents in urban China: An exploratory study of influencing factors	ELSEVIER International Journal	-

Table 3. Article Content Analysis

Research Aspects	Variable	Analysis Result
Balance of parental roles in dual earner families	Work-Family Conflict (WFC)	In two-earner families, role conflict often occurs when work demands interfere with family time. Parents may feel work-related stress, which negatively affects family life (Ferreira, 2017; Parinduri et al., 2022). In addition, conflict behaviors between work demands and family roles are often seen, especially when parents find it difficult to balance these two responsibilities (Verhoef et al., 2016).
	Work-Family Balance (WFB)	Some parents successfully negotiate and resolve work and family responsibilities, especially with support from extended family or external care systems, such as daycare (Meliani et al., 2014; Nawafilaty, 2019). With flexibility in employment, parents can fulfill their roles at work and at home in a balanced way, although WFC remains a challenge (Melati & Hasibuan, 2021).
	Work exhaustion	Job burnout often affects the quality of parents' interactions with children, especially if they feel emotionally and physically exhausted due to work demands (Sari et al., 2023). This fatigue can make parents lose patience when interacting with their children, which can reduce the quality of parenting (Verhoef et al., 2016).
The impact of dual earner families on childcare	Child's psychological well-being	Children who are cared for by a third party, such as a nanny or grandparents, while parents work may experience emotional isolation, despite parents' efforts to make up for lost time with quality activities (Parinduri et al., 2022). This can have an impact on children's psychological well-being, including increased anxiety or aggressive behavior.
	Child development	Direct parental involvement in children's activities, such as playing or reading, is crucial for children's cognitive and emotional development. Attentive interactions can help reduce aggressive behavior and increase emotional closeness (Sari et al., 2023).
	Parental involvement	Parents who are actively involved in their child's activities, even for a limited amount of time, can have a positive impact on their child's social and emotional development. Although external caregivers are often used, parental involvement is still important (Ferreira, 2017; Putri, 2018).
	Quality of time spent with children	Many two-earner families emphasize quality of time over quantity, with activities such as playing or going for walks with children that can improve their social and emotional development (Melati & Hasibuan, 2021).
Challenges in early childhood care in dual earner families	Work Conflict Interferes with Family (WFC)	Work demands often interfere with time that should be spent with family, so many parents find it difficult to divide time between work and parenting (Parinduri et al., 2022; Nawafilaty, 2019).
	Family Conflict Interferes with Work (FWC)	Family responsibilities can interfere with focus at work, especially when children need special attention, such as during illness (Vieira et al., 2016). In some cases, parents have to leave work to handle urgent family matters.
	Parental stress	Parental stress often arises due to difficulties in dividing time between work and children. This can lead to physical and emotional exhaustion, which can negatively impact the quality of parenting (Ferreira, 2017; Sari et al., 2023; Nurhafizah et al., 2023).
	Reliance on third-party caregivers	Many parents in two-earner families rely on third-party caregivers to assist in childcare. While this helps to reduce the burden, there is a risk that the emotional attention provided by the third party may not be as optimal as if provided directly by the parents (Verhoef et al., 2016).
Strategies to overcome parenting challenges in dual earner families	Household task management	Clear division of household tasks, organization of family schedules, and realistic expectations of each partner's role are key strategies to overcome parenting challenges (Ferreira, 2017; Sari et al., 2023; Vieira et al., 2016). Families often rely on these task arrangements to maintain household harmony.
	Trust in task sharing	Trust in a partner's ability to perform a task and acceptance of how a partner completes a task are essential in building effective cooperation (Sari et al., 2023).
	Approach to handling tasks	Flexibility in parenting styles and conflict resolution methods are also necessary to overcome emerging challenges (Kim, 2021). A democratic approach to parenting, where children are given the opportunity to have their say, can also support family harmony (Fatmawati, 2020).
	Emotional labor	Emotional support between spouses is essential for managing stress and maintaining harmonious relationships (Kim, 2021; Zhang, 2024). Parents also need to help children manage their emotions to grow up in a healthy environment.
	Responsibility sharing strategy	Managing the burden of shared tasks and recognizing partners as co-managers in the family is key to building harmonious cooperation (Lari & Al-Emadi, 2021).
	Sentient activity	Sensitivity to the needs of family members and the ability to read the emotional situation at home are important factors to support healthy child development (Kim, 2021).
	Specific challenges of din-age parenting	Managing time well and adjusting to the child's developmental stage are challenges in early childhood care. Consistency in applying rules at home is also necessary to support optimal child development (Ferreira et al., 2021).

Table 4. Additional Articles Used in the Discussion and Reasons for Their Addition

No	Additional Articles	Reason for Addition	Relevance to Topic
1	Stephat et al. (2021)	Explains the concept of Work-Interfering-with-Family (WIF) which deepens the understanding of WFC	Provides a theoretical basis for work-family role conflict (WFC) that is important in the context of dual earner families
2	Mendoza et al. (2019)	Provides data on the impact of WFC on family well-being, particularly on wives as breadwinners and primary caregivers	Supports arguments about the negative impact of WFC on family well-being and the double burden on wives
3	Walsh & Murphy (2021)	Examining the emotional exhaustion and psychological impact of WFC on parents, particularly mothers	Explaining the challenges faced by mothers in dual earner families and the impact of WFC on mental health
4	Sinha (2017)	Outlines the potential for mental health disorders such as depression and anxiety due to the prolonged stress of WFC	Deepens understanding of the often undetected psychological impact of WFC on older people
5	Hu et al. (2022)	Highlights the importance of social support and policies that facilitate work-family balance to address the psychological impact of WFC	Supports arguments about the need for social support and policies in mitigating the negative impacts of WFC
6	Yoo (2021)	Explains that couples with an egalitarian view of role sharing are more satisfied in marriage	Supports the argument that equal division of duties increases marital satisfaction in dual earner families
7	Agustiari & Darma (2022)	Outlines the importance of company and government policy support in reducing WFC	Supports arguments about the role of policy in supporting dual earner families
8	Eiden et al. (2016)	Explains how work stress that carries over to the home can affect children's emotional development	Relevant for understanding the impact of parental work stress on child development
9	Hayati et al. (2017)	Outlines the impact of care by external caregivers on children's psychological well-being	Relevant for understanding the impact of third-party caregiving on child development in dual earner families
10	Vernhet et al. (2018)	Explaining the emotional consequences for children of external caregivers	Supports arguments about the potential for emotional alienation in third-party cared-for children
11	Fajriati & Kumalasari (2021)	Provides a study on how attentive parenting can reduce stress in children	Supports arguments about the importance of attentive parenting in supporting children's emotional well-being
12	Bjørnholt & Stefansen (2018)	Discuss the use of grandparents in caregiving and its impact on child development	Explain alternative parenting solutions and their potential impact in dual earner families
13	Nagy et al. (2022)	Emphasizes that parental emotional involvement cannot be fully replaced by external caregivers	Reinforces the importance of parents' consistent presence in supporting children's development
14	Fadlillah (2020)	Highlights the role of parenting styles in early childhood mental health	Supports arguments about the importance of proper parenting for children's mental development
12	Afriliani et al. (2021)	Highlighting the role of fathers in childcare in the families of female migrant workers	Support discussion on the importance of father involvement in parenting for parental role balance
13	Peterson (2018)	Outlines the challenges of parenting when direct interaction between parents and children is reduced	Relevant to understanding the impact of reduced direct interaction on the quality of parenting
14	Uludağ & Erkan (2023)	Provides data on meaningful activities that parents do with children in limited time	Supports the discussion on focusing on the quality of interactions in childcare by busy parents
15	Eriksson et al. (2022)	Describes the impact of the COVID-19 pandemic on WFC dynamics, especially for those working from home	Relevant for discussions on the new challenges of WFC during the pandemic and its impact on caregiving
16	Munn & Chaudhuri (2015)	Provides insight into how traditional gender roles create additional stress in dual earner families	Relevant for understanding the influence of traditional gender roles on parental role balance
17	Jidi et al. (2023)	Discusses time management strategies and the use of technology to assist mothers with household tasks	Relevant for practical solutions in reducing maternal burden through time management and spousal support
18	Ginanjar et al. (2020)	Outlines the importance of open communication and the use of technology in organizing tasks and reducing conflict	Supports practical solutions through effective communication and use of technology in dual earner families
19	Sari & Mawardah (2022)	Discusses how flexible work policies help parents adjust work schedules with children's needs	Relevant for practical solutions in adjusting work schedules with parenting needs
20	Schroeder et al. (2018)	Providing effective stress management and responsibility-sharing strategies in dual earner families	Supports solutions in stress management and task sharing for optimal parenting
21	Likhar et al. (2022)	Emphasizes the importance of social support in reducing parental stress and improving children's psychological well-being	Supports arguments about the role of social support in parenting
22	Sholikha et al. (2019); Muthmainah (2022)	Outlines how a lack of parental emotional involvement inhibits children's emotion regulation skills	Supports discussion on the influence of parental emotional involvement on children's social development
23	Hariato & Theresia (2022)	Explaining the role of maternity leave and flexible work policies in supporting parenting	Relevant for policy support in helping parents overcome parenting challenges
24	Mirawati et al. (2022)	Outlining the role of corporate policies in supporting positive parenting and inclusive education in ECD institutions	Supports the discussion on institutional support in early childhood care
25	Liu et al. (2021)	Provides data on how social support and public policy can help families in pandemic situations	Relevant for strategies to address parenting challenges during the COVID-19 pandemic
26	Devkota & Panda (2016)	Discusses the importance of access to quality parenting services in addressing parenting challenges	Supports arguments about the role of quality parenting services in supporting child development
27	Maharani (2019)	Outlines how a family's socio-economic background affects the quality of parenting and child development	Relevant for understanding the influence of socio-economic factors on parenting in dual earner families
28	Taverno Ross et al. (2018)	Discusses the importance of community support in addressing parenting challenges	Relevant for the role of the social environment in supporting parenting
29	Ningsih (2023); Yuswati & Setiawati (2022)	Explains the impact of lack of parent-child interaction on delays in communication and social skills	Relevant for the long-term impact of limited interaction in childcare
30	Gerungan (2019); Astuti (2022)	Explains that a lack of emotional connection can trigger emotional distance that is difficult to repair in the future	Relevant for the long-term consequences of a lack of emotional attachment in parenting

A number of practical solutions can be implemented by dual-earner families, such as utilizing technology for time management and effective communication between partners. Strategies such as using shared calendars and reminder apps can help organize schedules and household tasks (Jidi et al., 2023). In addition, emphasizing the

importance of quality time with children and maintaining open communication regarding the division of responsibilities is essential to reducing conflict (Ginanjar et al., 2020).

The COVID-19 pandemic has complicated the dynamics of WFC, especially for those who work from home. While remote work provides flexibility, new challenges arise when parents must divide their attention between work and childcare, often leading to increased emotional exhaustion (Eriksson et al., 2022). In terms of policy, support from the government and companies is crucial for dual-earner families. Policies that allow work flexibility, parental leave, and childcare subsidies have been shown to help reduce work-family conflict (Agustiari & Darma, 2022). Studies in Scandinavian countries show that family policies that support the dual-earner model are successful in helping couples divide responsibilities more fairly, which has a positive impact on marital satisfaction and parenting quality (Edlund & Öun, 2016). Overall, achieving role balance in dual-earner families requires more attention to equitable division of tasks, psychological support, and implementation of adequate policies. Fathers' more active involvement in parenting, along with formal and informal support, is crucial to maintaining family well-being and parenting quality in this modern era.

The Impact of Dual Earner Families on Early Childhood Care

Dual earner families face great challenges in balancing the roles of work and childcare, especially during the crucial early years of development. One of the main challenges is the limited time with children, which makes parents focus more on the quality of interactions rather than the quantity. Despite this, parents often use their limited free time for meaningful activities such as playing or reading with their children. These activities are important for children's emotional and cognitive development, as attentive parental involvement can foster empathy, reduce aggressive behavior, and strengthen emotional closeness (Sari et al., 2023; Uludağ & Erkan, 2023).

However, these time constraints do not always avoid negative impacts. Children who are cared for by external caregivers, such as private nannies or grandparents, while parents work, often experience emotional alienation. This third-party care tends to reduce the emotional attention the child receives, which can affect their psychological well-being. Although parents try to make up for this lack with quality interactions on weekends, consistent parental engagement remains essential to support optimal child development (Hayati et al., 2017; Vernhet et al., 2018; Parinduri et al., 2022).

Dual earner families often rely on external caregivers or childcare. However, parental emotional involvement cannot be fully replaced by external caregivers (Putri, 2018; Nagy et al., 2022). Consistent parental presence is still needed to support children's overall development. Government and company policies also play an important role in supporting parenting in dual earner families. Maternity leave, for example, allows mothers to care for their children during the early years, which are important for their emotional and psychological development. Studies show that attentive care from parents can reduce stress and improve children's emotional well-being (Harianto & Theresia, 2022; Fajriati & Kumalasari, 2021). In addition, flexible work policies help parents adjust work schedules to their children's needs, such as attending school activities or providing emotional support when needed (Sari & Mawardah, 2022; Mirawati et al., 2022).

Gender role dynamics in parenting also affect children's well-being. Although both parents work, mothers often shoulder more caregiving responsibilities (Bjørnholt & Stefansen, 2018). However, fathers' involvement in parenting provides significant benefits, especially in supporting children's cognitive and behavioral development (Souza et al., 2022). A more equal division of responsibilities can enrich children's experiences and strengthen the emotional connection with both parents. Work stress is also a challenge for dual earner families, as it can affect parents' moods and the quality of interactions with children. Stress that carries over to the home has the potential to negatively impact children's emotional development, especially for families with irregular working hours (Vieira et al., 2016; Kim, 2021). Therefore, managing work stress is important so that the home atmosphere remains conducive to children's development (Eiden et al., 2016).

To deal with these challenges, dual earner families often rely on social support from family, friends or flexible work policies. Strong social support can reduce parental stress and improve children's psychological well-being (Likhar et al., 2022; Liu et al., 2021). Access to quality care services, such as good childcare, is also helpful in overcoming these challenges (Devkota & Panda, 2016). A family's socio-economic background also affects the quality of care a child receives. Low-income families often have difficulty accessing quality care services, which can negatively impact children's development, both in terms of health and education (Maharani, 2019). These socio-economic factors need to be considered in understanding the impact of parenting in dual earner families.

Although dual earner families face time constraints and challenges in parenting, the right support from government policies, companies, and the social environment can help mitigate the negative impacts. A balanced division of responsibilities, effective stress management, and supportive policies will create optimal parenting, ensuring good child development (Schroeder et al., 2018; Taverno Ross et al., 2018; Fadlillah et al., 2020). The lack of parental interaction in the early stages of a child's life can cause long-term impacts on the child's social and emotional development, especially when they enter school age. Suboptimal interactions can cause delays in communication skills and social abilities, which are important for their relationships later in life (Ningsih, 2023; Yuswati & Setiawati, 2022). In addition, a lack of emotional involvement from parents can hinder children's ability

to regulate emotions, which impacts their social relationships (Sholikha et al., 2019; Muthmainah, 2022). Ultimately, a lack of emotional connection between parents and children can trigger emotional distance, which is difficult to repair in the future (Gerungan, 2019; Astuti, 2022).

Early Childhood Parenting Challenges in Dual Earner Families

The phenomenon of dual earner families is increasingly common in this modern era, as parents increasingly participate in the workforce. While this has a positive impact on the economic stability of families, major challenges arise in childcare, especially for early childhood. Sociological, psychological, economic and policy factors influence the dynamics of parenting in this context. One of the main challenges is the imbalance between work and family time. Working parents often feel burdened by workplace responsibilities, which limits time with their children (Nawafilaty, 2019; Chu & Lee, 2019; Parinduri et al., 2022; Tan et al., 2023). When such time is reduced, many parents rely on third-party caregivers, such as grandparents, daycare centers, or nannies, although the quality of care provided is not always optimal (Bordone et al., 2016; Li et al., 2017; Parinduri et al., 2022).

Early childhood care is an important phase in child development that is influenced by various factors. In a sociological context, changing gender roles have contributed to the division of care responsibilities. Research shows that women's increased participation in the labor market is often associated with support from policies that facilitate access to affordable and quality childcare services (Yerkes, 2014). This suggests that when women have better access to childcare services, they are more likely to engage in work, which in turn affects the caregiving dynamics within the family.

In addition, the pressure to balance the roles of worker and caregiver also causes physical and emotional stress that can impact the quality of interactions with children, as well as their emotional and social development (Sari et al., 2023; Tan et al., 2023). From a psychological perspective, the stress experienced by parents can have a significant impact on their interactions with their children. Research shows that maternal mental health conditions, such as depression, can affect children's attachment and emotional well-being, especially in the context of parenting faced by families experiencing economic hardship (Parkes et al., 2021; Geoffroy et al., 2010). This stress can, in some cases, increase the risk of verbal and non-verbal child abuse, thereby reducing the quality of parenting (Nurhafizah et al., 2023).

In addition to the psychological impact, economic factors also greatly affect early childhood care. High childcare costs are often prohibitive for parents, especially for those from low economic backgrounds. Research shows that affordable childcare costs can increase mothers' participation in the workforce, which in turn has a positive impact on child development (Schober & Spieß, 2015; Ruppanner et al., 2019; Choudhary, 2022). When parents don't have to worry about costs, they can focus more on quality parenting and interactions with their children.

Heavy household responsibilities often interfere with work focus, especially when children require special attention. Reliance on informal care by family or friends can present risks, including limited parental involvement in care (Verhoef et al., 2016; Meil et al., 2018). Nonetheless, many parents attempt to make the most of their limited time with children, although their involvement remains suboptimal (Nurhafizah et al., 2023).

In a policy context, government and corporate support is essential to assist parents in early childcare. Affordable and quality childcare facilities can be a solution to support working parents so that they can give sufficient attention to their children (Feierabend & Staffelsbach, 2016; Hummel, 2023). In addition, policies that support work-life balance, such as better maternity leave and working time flexibility, also contribute to better parenting (Smith, 2022). Cultural comparisons in childcare practices also provide important insights. In countries with better childcare policies, such as in Scandinavia, children show better development compared to countries that have limited access to such services (Abrassart & Bonoli, 2015). This suggests that the quality of formal childcare can influence early childhood development, especially in the context of two-earner families.

Overall, the conflict between work and parenting roles is a significant challenge for dual-earner families. The interaction between sociological, psychological, economic and policy factors plays a key role in determining the quality of early childhood care. Therefore, integrated efforts involving various sectors are needed to help families overcome these challenges. Support from the work environment, such as work flexibility, adequate parental leave, and affordable childcare facilities, is needed to help families overcome these challenges (Vieira et al., 2016; Bordone et al., 2016; Tan et al., 2023).

Strategies for Coping with Early Childhood Care Challenges in Dual Earner Families

Dual earner families face major challenges in early childhood care, especially in terms of time management, meeting children's emotional needs, and finding reliable care solutions. Limited access to quality parenting services, particularly in rural areas, further exacerbates this situation. Research shows that families in rural areas often struggle to find adequate care facilities, which can have a negative impact on children's development (Fajrin & Purwastuti, 2022). To overcome this challenge, various strategies can be implemented. One solution that is often implemented is a flexible work schedule. Flexible working hours allow parents to manage their time with their children without sacrificing their careers. Although this policy is still rare in Indonesia, some companies have started

implementing parental leave and flexible working hours. Irregular working hours and shift work often cause parents to lack quality time with their children. Therefore, offering this flexibility is important to reduce the pressure experienced by dual earner families (Fajrin & Purwastuti, 2022).

In addition to flexibility policies, local communities also play an important role in providing safe and affordable childcare solutions. In Indonesia, community-based care models are growing, such as childcare managed by community groups. This community-based support is often more personalized and close to families' needs than commercial services (Alfaeni et al., 2023). However, in rural areas, this model is still limited, so further investment in care infrastructure in remote areas is needed (Nurdin, 2023). Technology also plays an important role in helping working parents. Apps such as "Orami" and "Teman Bumil" offer features to monitor children's development and manage their daily activities remotely. Technology also supports distance learning for early childhood, so that children continue to get an education even though parents are busy working (Uhriyah et al., 2023).

In the context of gender roles in Indonesia, the biggest challenge for dual earner families is the division of care responsibilities. Although both parents work, caregiving is still often considered to be the mother's responsibility. A more equal division of duties between fathers and mothers could ease the emotional and physical burden on parents and improve children's well-being (Kusaini et al., 2024). In addition, parenting skills training and counseling programs can be an effective solution to reduce the psychological burden experienced by parents, especially in dual earner families who experience high stress (Fatwikingisih & Fajriyah, 2021). Policy support from the government and institutions is very important in helping dual earner families. Policies such as parental leave, childcare subsidies, and early childhood education (ECE) programs are needed to support work-life balance and parenting. Although these policies are not yet evenly distributed, some companies have started to provide childcare facilities in the workplace, which is a good first step (Fransiska & Suparno, 2019; Larasati, 2022;).

The role of extended family is also very helpful in reducing parenting stress. In Indonesia, the presence of grandparents in childcare is crucial, allowing parents to work without worrying about the welfare of the child. This extended family involvement offers emotional and practical support for dual earner families (Zakaria, 2020).

However, the main challenge remains access to quality and affordable parenting services. In Indonesia, good and affordable childcare services are still limited, so parents often struggle to find suitable care. The government and private sector need to work together to improve access to a wider range of family-friendly childcare services (McLean et al., 2022). In addition to external support, education for parents on effective parenting is also very important. This education helps parents understand how to provide quality parenting amidst work pressures, such as mental health education. Mental health education is an important part of supporting family well-being, especially in overcoming the stress that often arises due to the pressure of multiple roles (Fajrin & Purwastuti, 2022).

ECD institutions also play a significant role in supporting dual earner families. Quality PAUD not only provides appropriate education for young children, but also provides a sense of security for working parents. By leaving their children in a quality PAUD, parents can focus more on work without having to worry about their children's development (Kim et al., 2020). Ultimately, maintaining a balance between career and childcare is key for dual earner families. Parents need to collaborate in prioritizing, planning their time effectively and communicating openly to meet their children's needs without compromising their careers. Good time management will prevent burnout and provide space for parents to fulfill responsibilities in both domains, namely family and work. By implementing these strategies, dual earner families in Indonesia can more effectively address the challenges of early childhood care. Support from the government, community, employers and extended family are key elements in creating a supportive environment for work-life balance and childcare.

4. CONCLUSION

The phenomenon of dual earner families is increasing in modern Indonesian society, bringing great challenges in early childhood care. While this model provides economic benefits, dual earner families often face difficulties in balancing the demands of work and caregiving responsibilities. Reliance on external caregivers can have a negative impact on child development, especially in terms of emotional interactions between parents and children. The challenges faced by dual earner families include sociological, psychological, economic and policy aspects. To overcome these challenges, a comprehensive strategy is needed that includes supporting policies, community involvement, utilization of technology, and support from the government in providing adequate infrastructure. The government needs to consider developing policies that support the balance between work and care, such as the provision of affordable care facilities, work flexibility for parents, and adequate parental leave. The active involvement of both parents in parenting, especially by increasing the role of fathers, is crucial to ease the burden on mothers and improve the quality of parent-child interactions. A more equal division of roles will help create a more harmonious family environment and support optimal child development. This study is expected to serve as a foundation for further empirical research on early childhood care in the context of dual earner families, especially related to policies that can help families overcome parenting challenges. Further studies that examine the effectiveness of policies and social support in improving the balance of care and work roles are needed.

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