

# Dimensions of Emotional Exhaustion among Adolescents Experiencing Family Conflict




Siti Nurhaliza. Binti Mahmud<sup>1</sup>, Agus. Santoso<sup>2\*</sup>, Nayelli. Muñoz<sup>3</sup>

<sup>1</sup> Department of Psychology and Counseling, Universiti Sains Malaysia, Penang, Malaysia

<sup>2</sup> Department of Educational Sciences, Universitas Gadjah Mada, Yogyakarta, Indonesia

<sup>3</sup> Faculty of Health Sciences, Private University of the North, Lima, Peru

\* Corresponding author email address: [agus.santoso@ugm.ac.id](mailto:agus.santoso@ugm.ac.id)

E d i t o r	R e v i e w e r s
Trevor Archer  Professor Department of Psychology University of Gothenburg, Sweden <a href="mailto:trevorcsarcher49@gmail.com">trevorcsarcher49@gmail.com</a>	<b>Reviewer 1:</b> Mohammad Hassan Ghanifar  Assistant Professor, Department of Psychology, Birjand Branch, Islamic Azad University, Birjand, Iran. Email: <a href="mailto:ghanifar@iaubir.ac.ir">ghanifar@iaubir.ac.ir</a> <b>Reviewer 2:</b> Fahime Bahonar  Department of counseling, Universty of Isfahan, Isfahan, Iran. Email: <a href="mailto:Fahime.bahonar@edu.ui.ac.ir">Fahime.bahonar@edu.ui.ac.ir</a>

## 1. Round 1

### 1.1. Reviewer 1

Reviewer:

In the first paragraph, the statement “Emotional exhaustion represents one of the most pervasive and distressing forms of psychological strain that can emerge during adolescence...” would benefit from more precise differentiation from burnout and emotional fatigue, as these terms are often conflated. Cite key definitional distinctions.

The paragraph starting “The link between emotional exhaustion and emotional regulation is central...” introduces emotion regulation mid-way without a clear transition. Consider inserting a linking sentence explaining why regulation mechanisms are pivotal for understanding emotional exhaustion.

The statement “Emotional exhaustion within the family context also intersects with guilt, self-blame, and emotional contagion” combines distinct constructs. It would improve theoretical precision to define whether “emotional contagion” is treated as a mechanism or an outcome variable.

The final sentence “Accordingly, the present qualitative study aims to explore and identify...” could be improved by specifying the analytical lens (e.g., thematic analysis grounded in Braun & Clarke’s framework) to directly align the aim with the methodological approach.

Authors uploaded the revised manuscript.

## 1.2. Reviewer 2

Reviewer:

The third paragraph references the stress–strain framework but does not fully articulate how it connects to adolescent emotional processes. Consider expanding the paragraph beginning with “Within the broader stress–strain framework...” to specify which constructs (e.g., stress appraisal, emotional depletion, coping) are operationalized in this context.

In the paragraph starting “Cross-cultural evidence reinforces the universality of this phenomenon,” you summarize Asian and Middle Eastern contexts effectively. However, explicitly highlight the research gap justifying this Indonesian study—for instance, limited empirical exploration in Southeast Asian adolescents.

In the paragraph beginning “The relationship between family conflict and emotional exhaustion is also dynamic and reciprocal,” strengthen your argument by citing empirical models (e.g., Actor–Partner Interdependence Model) earlier, to frame the bidirectionality before presenting supporting evidence.

The paragraph “Recent evidence also points to socio-cultural moderators...” discusses gendered expressions of exhaustion but remains descriptive. Consider integrating relevant cultural psychology theories (e.g., gender role socialization or emotional display rules in collectivist cultures) to strengthen interpretation.

The paragraph referencing “The pandemic and post-pandemic transitions...” effectively situates temporal relevance but would benefit from explicit mention of data collection timing relative to pandemic phases. Readers need to know if participants’ narratives reflected post-COVID stress or ongoing disruption.

Authors uploaded the revised manuscript.

## 2. Revised

Editor’s decision after revisions: Accepted.

Editor in Chief’s decision: Accepted.