

2. Mothers'/fathers' awareness of parenting and their everyday life

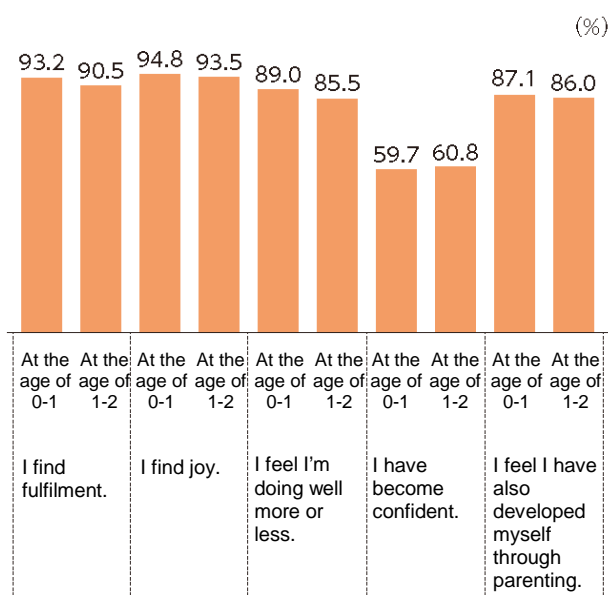
Awareness of parenting and their everyday life

About 90% of mothers/fathers surveyed feel fulfillment and joy for parenting. On the other hand, about 40–50% of mothers/fathers surveyed are “anxious about whether their children have grown well.”

More than 90% of mothers/fathers surveyed find fulfillment and joy in raising children (Figures 2-1-1 and -2). However, the percentage of mothers who answered “this holds true for me” to the questions on positive feelings for parenting at the age of 1-2 tends to be lower than at the age of 0-1. On the other hand, the percentage of mothers who answered “true for me” to the questions on negative feelings at the age of 1-2 tends to be slightly higher than at the age of 0-1, whereas the percentage of fathers tends to be slightly lower (Figures 2-1-3 and -4).

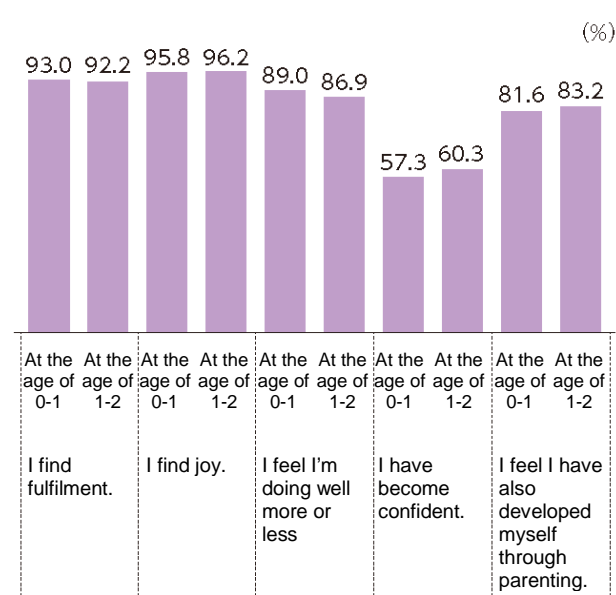
Q How much do the following statements hold true for you?

Figure 2-1-1 Mothers' positive feelings for parenting



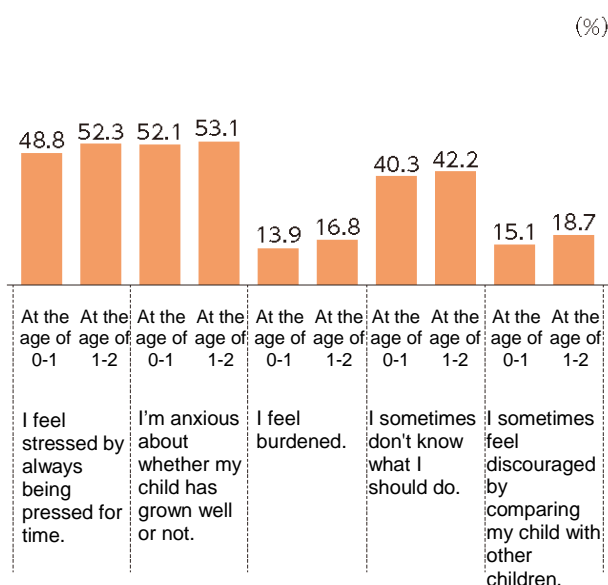
‡ The percentages represent the proportion of “very true” plus “almost true”

Figure 2-1-2 Fathers' positive feelings for parenting



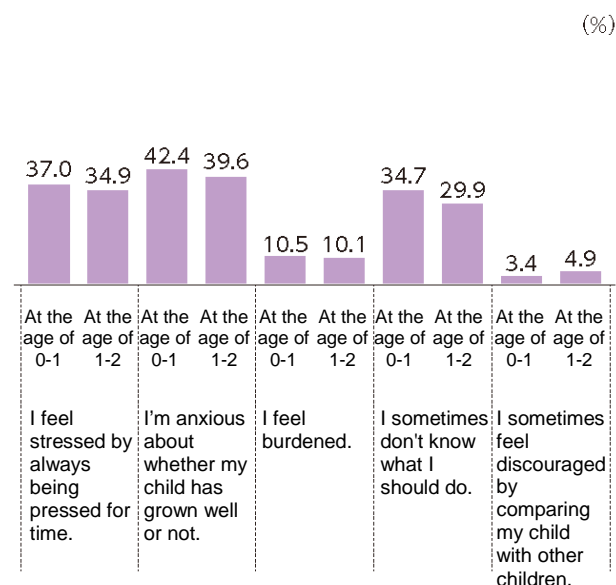
‡ The percentages represent the proportion of “very true” plus “almost true”

Figure 2-1-3 Mothers' negative feelings for parenting



‡ The percentages represent the proportion of “very true” plus “almost true”

Figure 2-1-4 Fathers' negative feelings for parenting



‡ The percentages represent the proportion of “very true” plus “almost true”

Awareness of parenting and their everyday life

Mothers suffer more day-to-day stress from parenting than fathers.

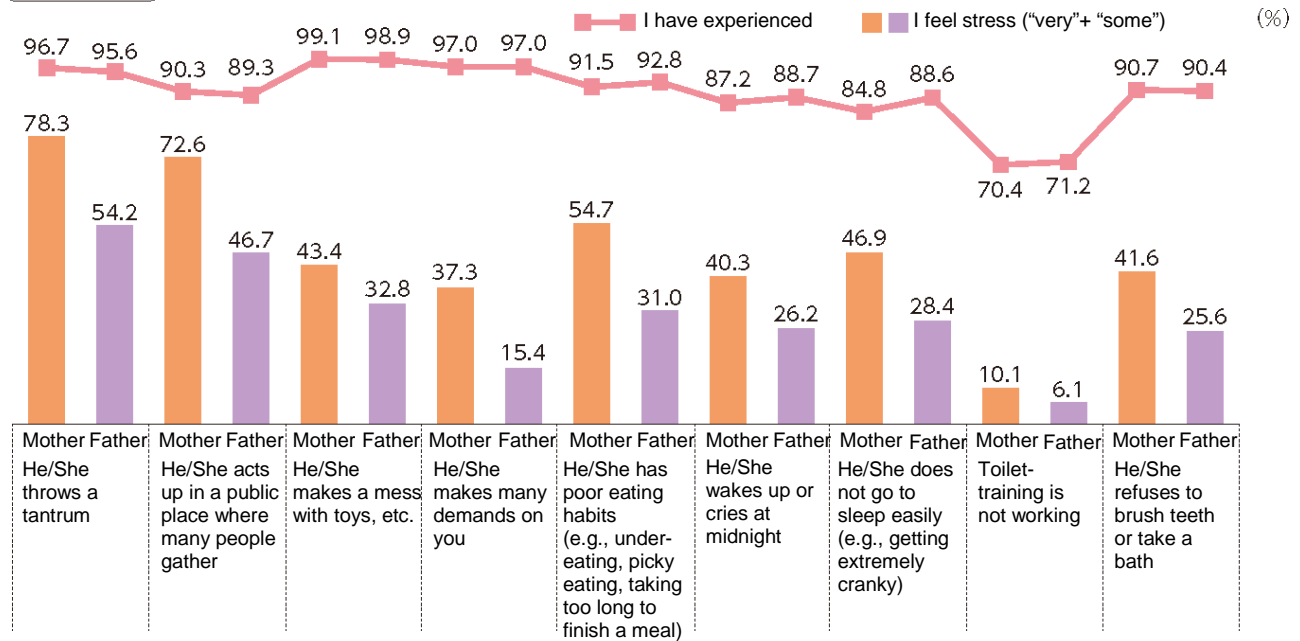
In addition, over 70–80% of mothers surveyed feel “I cannot secure enough free time.”

Regarding stress from parenting, mothers and fathers had almost the same percentage in answering “I have experienced” behaviors indicated in Figure 2-1-5, whereas the proportion of “I feel stress” was higher among mothers than among fathers for all situations. Particularly, over 70% of mothers surveyed feel stressed about “throwing a tantrum,” “acting up in a public place where many people gather.” By asking about burden felt in every aspect of everyday life, we found that the percentage of “I cannot secure enough free time” was relatively high at over 70–80% among mothers, regardless of their employment status (Figure 2-1-6).



Have you experienced the following behaviors of your child? If you have experienced it, how do you feel about it?

Figure 2-1-5 Stress from parenting (at the age of 1-2)

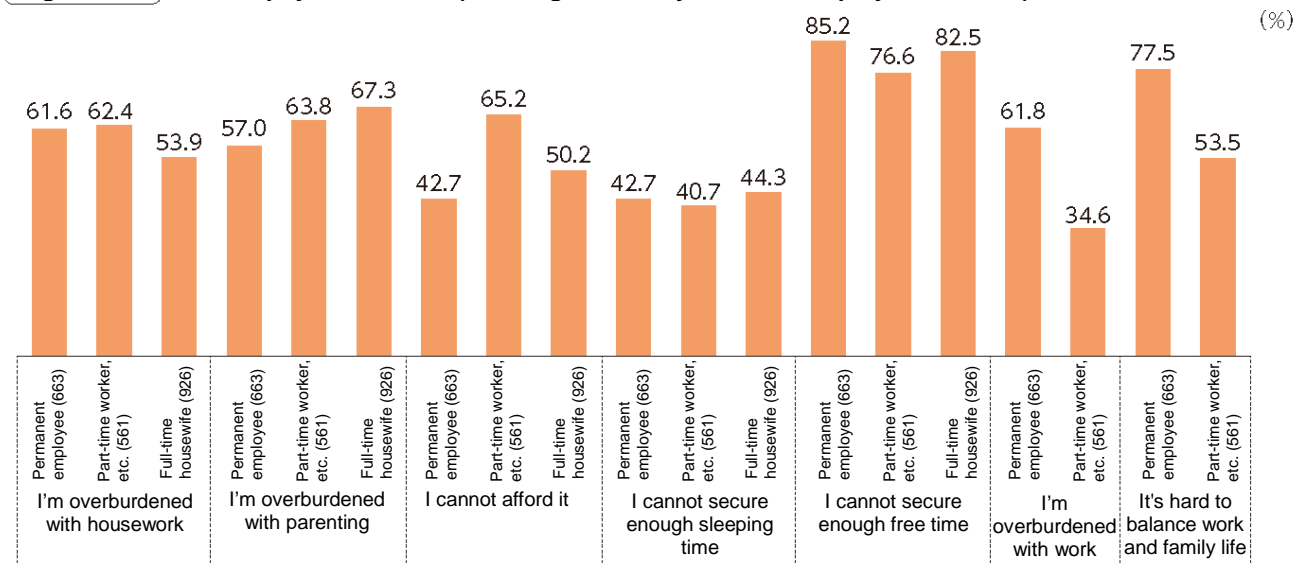


‡ The percentage of “feel stress” represents the proportion of “feel much stress” plus “feel some stress” to all respondents including those who answered “I haven’t experienced.”



How much do the following statements hold true for your present situation?

Figure 2-1-6 Mental/physical burden (at the age of 1-2, by mother’s employment status)



‡ Answers of mothers

‡ “Permanent employee” represents “full-time employee,” while “part-time worker, etc.” represents “part-time worker,” “contract/fixed-term employee,” “dispatched employee,” and “self-employed, work from home.”

‡ The percentages represent the proportion of “very true” plus “almost true.” ‡ The two items from the right are targeted at those with jobs.

Fathers' parenting

We asked about hours for fathers' parenting during weekdays, and the most common response (36.8%) was "less than 1 hour."

Among responses to the question about distribution of parenting between mothers and fathers, the most common one was that mothers assume "80–90%" of all parenting.

"Less than 1 hour" was the most popular answer (36.8%) to the question about hours for fathers' parenting during weekdays, and "less than 30 mins" was the most popular answer (38.7%) to the question about housework (Figures 2-2-1 and -2). These figures show that time spent by fathers varies depending on their spouse's (mothers') employment status for both parenting and housework and that fathers are likely to spend more time in parenting and housework if their spouse (mothers) works as permanent employees. In response to the question about distribution of parenting, 52.7% of mothers and 57.3% of fathers answered that mothers assume "80–90%" of all parenting, which was higher than other answer options. When asked about desire for distribution, most mothers (47.0%) and fathers (39.1%) answered that mothers should assume "60–70%" of all parenting.

Q How many hours per day are allocated on average for the following? Please tell us about hours for parenting by considering them as the amount of time you spend with your child (excluding sleeping hours).

Figure 2-2-1 Hours for fathers' parenting during weekdays (at the age of 1-2, by mother's employment status)

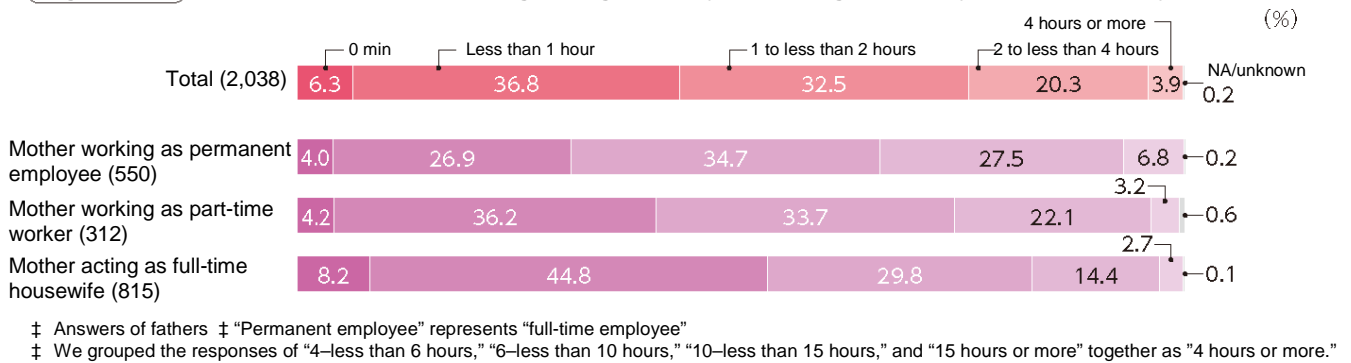
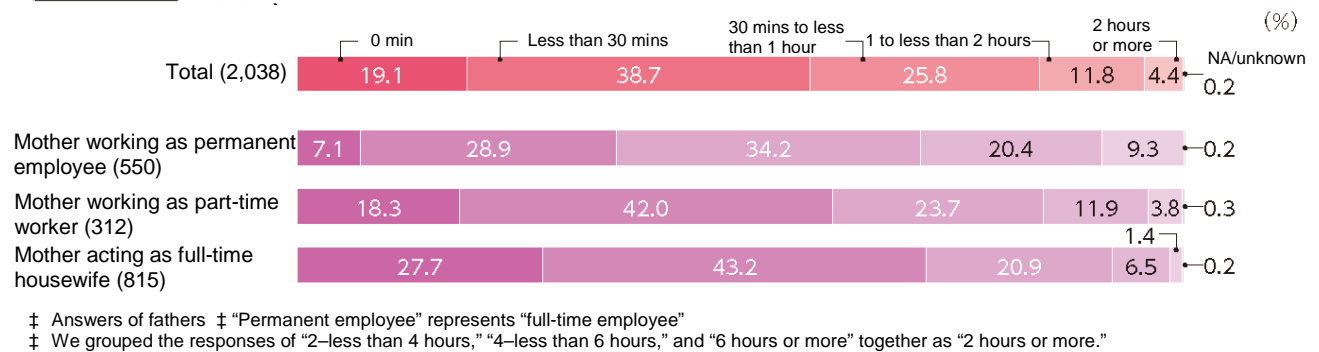


Figure 2-2-2 Time spent for housework by fathers on weekdays (at the age of 1-2, by mother's employment status)



Q In the distribution of parenting/housework between you and your spouse, what percentage of parenting/housework do you actually assume? What ratio do you think is desirable for distribution of parenting/housework?

Figure 2-2-3 Actual distribution of parenting (at the age of 1-2)

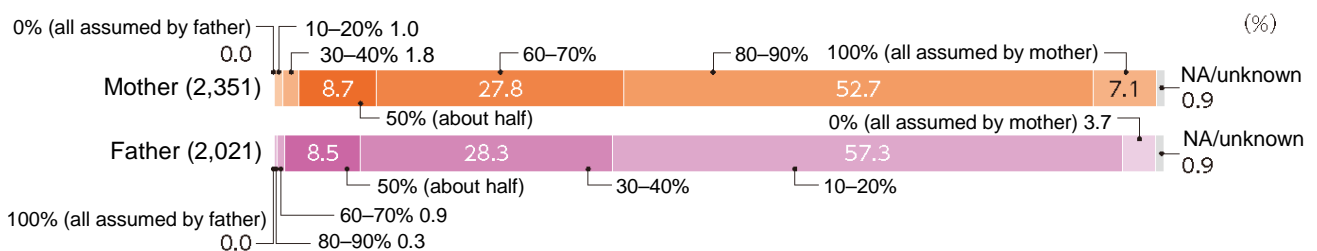


Figure 2-2-4 Desirable distribution of parenting (at the age of 1-2)

