Fathers and Well-being: Comparing Germany and Japan
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The Study

How happy are parents of young children? How does a mother’s and father’s health, personality, employment, material standing, education, their partnership, and their social network influence their well-being? This cross-cultural study compares parental well-being in Germany and Japan. Parental well-being is understood as a key concept to understanding the developmental perspectives for children. Both in Germany and Japan, approximately 1000 mothers and 1000 fathers each from non-identical households, with at least one child between the ages of 0 and 6, before their enrollment into elementary school, were surveyed.

Dimensions of Parental Well-being

- Physical and mental well-being
  - The healthier the father, the more satisfied they are
  - Fathers in partner households often feel stressed at work
  - Fathers’ satisfaction with their health is lower than that of mothers

- Family well-being
  - Married fathers are more satisfied with the share in duties within the relationship than are mothers
  - Married fathers are more satisfied than non-married fathers
  - Among all 7 dimensions of well-being, family-related well-being ranks the highest in satisfaction for fathers and mothers

- Economic well-being
  - A higher level in satisfaction among fathers does not necessarily correlate with a higher stratification index
  - Affluence (saving money from annual income) is important for the well-being of fathers and mothers

- Educational well-being
  - Fathers in dataset have an overall higher education level than the mothers

- Partnership and network well-being
  - Positive correlation of network size and level of satisfaction among fathers

- Policy well-being
  - Fathers in partner households prefer time measures like in money and infrastructure

- Employment well-being
  - Fathers with a significant orientation towards their jobs are more traditionally oriented in regards to childcare and traditional gender roles

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