



# 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

