

The Pains and Pleasures of Parenting: When, Why, and How Is Parenthood Associated With More or Less Well-Being?

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The relationship between parenthood and well-being has become a hot topic among scholars, media, and general public alike. The research, however, has been mixed—some studies indicate that parents are happier than nonparents, whereas others suggest the reverse. We suggest that the question of whether parents are more or less happy than their childless peers is not the most meaningful one. To reconcile the conflicting literature and expand understanding of the emotional experience of parenthood, we present a model of parents' well-being that describes why and how parents experience more or less happiness than nonparents (i.e., mediators of the link between parenthood and well-being). We then apply this model to explain when parents are more likely to experience more or less happiness (i.e., moderators of parents' well-being, such as parent age or child temperament). Supporting our model, we review 3 primary methodological approaches: studies comparing parents and nonparents, studies examining changes in well-being across the transition to parenthood, and studies comparing parents' experiences while with their children to their other daily activities. Our review suggests that the relationship between parenthood and well-being is highly complex. We propose that parents are unhappy to the extent that they encounter relatively greater negative emotions, magnified financial problems, more sleep disturbance, and troubled marriages. By contrast, when parents experience greater meaning in life, satisfaction of their basic needs, greater positive emotions, and enhanced social roles, they are met with happiness and joy.

Keywords: parenthood, happiness, meaning, well-being

The birth of a child instantly changes how we define ourselves. Women become mothers. Men become fathers. Couples become parents. Our priorities shift in fundamental ways. Parenting may be the most rewarding experience, but it is also the hardest and most humbling.

—Sheryl Sandberg, *Lean in*

Children are the fount of our greatest joys and the source of our greatest sorrows. Many parents consider raising children to be one of the most blissful and gratifying—but also one of the most stressful and challenging—undertakings of their lives. The evolutionary and developmental importance of parenting (Gerson, Beriman, & Morris, 1991; Kenrick, Griskevicius, Neuberg, & Schaller, 2010), as well as its associated costs and rewards (Nomaguchi &

Milkic, 2003), has led many social scientists to ask whether parents are better or worse off than their childless peers. Research on this topic has captured both the highs and lows of having children, with some studies indicating that parenthood is associated with higher well-being (Aasve, Goisis, & Savoni, 2012; Ballas & Dorling, 2007; Herbst & Hcher, 2013; Myrskylä & Margolis, 2012; Nelson, Kushlev, English, Dunn, & Lyubomirsky, 2013), and others suggesting the reverse (Evenson & Simon, 2005; Glenn & Weaver, 1979; McLanahan & Adams, 1987).

Accordingly, the association between parenthood and well-being has become a hot topic among sociologists, psychologists, and economists, as well as the media and the general public. To our knowledge, however, researchers have yet to synthesize or explain the conflicting findings on parents' well-being. We suggest that the question of whether parents are more or less happy than their childless peers is not the most meaningful one. Rather, the inconsistencies in the literature can be better understood by exploring the factors that contribute to parents' happiness and by examining the conditions that may lead some parents to experience more or less happiness than nonparents. Thus, our main goals in this article are to provide a comprehensive review of when and why parenthood is associated with higher or lower well-being and thereby stimulate new research based on this richer understanding of parents' emotional experience.

To this end, our parent well-being model, depicted in Figure 1, draws on theory and research to propose psychological mecha-

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The Pains And Pleasures Of Parenthood

Jianjun Gao



The Pains And Pleasures Of Parenthood:

The Pains And Pleasures Of Parenthood Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the ability of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **The Pains And Pleasures Of Parenthood**, a literary masterpiece that delves deep into the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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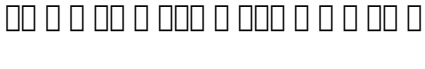
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