

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 (Evanson & 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

Yael Schonbrun



The Pains And Pleasures Of Parenthood:

The Pains and Pleasures of Parenthood Lib U. Griffin, 1993-04-01 Parenting Steven Tuber, 2016-06-24 Parenting Contemporary Clinical Perspectives offers fresh insights into treating parents and their children that highlight the evolving role of parents throughout the lifespan and amidst contemporary social pressure and change By drawing from their own personal experiences as well as those from clinical practice distinguished clinicians and analysts examine each phase of parenting through a variety of lenses to tackle our biggest parenting questions While we must be highly present for our children to help them develop a sense of self worth we must simultaneously step back if we want them to develop a sense of autonomy and individuality As our role as parent changes how can we maintain a sense of grace humor and perspective How can our work in practice inform and enrich our parenting and vice versa Thoughtful and engaging this volume is a valuable resource for family therapists and clinicians especially those who are parents themselves The Psychology of Happiness in the Modern World James B. Allen, James E. Allen, 2017-07-26 Written in a conversational style yet empirically grounded this book reviews what we know about the science of happiness It is the first text to closely examine the social psychological processes as well as individualistic approaches that affect happiness It explores how our social cultural and economic environment the personal choices we make and our evolutionary heritage shape our happiness Topics that are inherently interesting to students such as how income and unemployment marriage children and relationships health work religion economic growth and personal safety affect happiness are reviewed Research from psychology economics and sociology is examined providing an interdisciplinary perspective of this fascinating field Social issues such as income inequality and the effects of advertising materialism and competition are also explored Highlights include Covers both the socio structural issues and individual differences that impact our happiness providing the most comprehensive coverage of any text available Emphasizes a social psychological approach that considers factors such as income economics culture work materialism relationships religion and more often ignored in other texts Relates the material to students lives by posing questions throughout the text to further spark interest in the subject matter Highlights the latest research and the methodologies used to obtain it to help students better understand how to interpret results Reviews the evidence that shows that happiness can change over time and how to increase it Examines how positive emotions and how we interpret events impacts our well being along with empirically verified interventions and possible societal changes that can improve happiness Features a chapter on evolutionary psychology that suggests that there are limits to happiness but how it can be enhanced by pursuing behaviors associated with the successes of our ancestors Intersperses summary paragraphs throughout the chapters to facilitate learning Provides discussion questions activities assignments and suggested videos websites examples and additional readings in the instructor s resources to stimulate critical thinking and class discussion Features web based instructor s resources including PowerPoints sample syllabi lecture tips and suggestions and more Intended for as a text upper division

courses in the psychology of happiness or positive psychology or as a supplement in courses in social or health psychology or psychology of adjustment

Prenatal Family Dynamics Regina Kuersten-Hogan, James P. McHale, 2021-02-01 This book examines family interactions and relationships during the transition to parenthood. It offers a unique integration of different lines of research on prenatal family dynamics contributed by leading family researchers in North America and Europe who use observational approaches to study emergent family processes. The book explores prenatal dynamics in diverse families including adolescent couples, same sex couples, couples experiencing infertility, and couples expecting their second child. The introduction, anchored in family systems and structural theories, provides an overview of challenges couples commonly experience during the transition to parenthood and details prenatal family processes that predict postpartum adjustment in families. This sets the stage for subsequent chapters by emphasizing unparalleled windows into prenatal family dynamics provided by direct observation. Initial chapters focus on predictors of prenatal interactions and partners' representations of parenthood. Subsequent chapters describe original research on prebirth couple interactions and the coparenting relationship emerging during pregnancy. The volume includes several studies that rely on innovative research designs using observations of simulated couple encounters with their newborn represented by a life-sized infant doll. The book concludes with a review of recent prenatal intervention programs designed to improve interpersonal and coparenting relationships of married and unmarried couples. The volume offers recommendations for future research on prenatal family dynamics, including suggestions for methodological advances, exploration of prenatal risk factors, expansion of conceptual models to incorporate culturally meaningful coparents besides mothers and fathers, and further focus on prenatal intervention programs. This book is an essential resource for researchers, clinicians, and professionals and graduate students in the fields of infant mental health, early child development, family studies, pediatrics, developmental psychology, public health, social work, and early childhood education.

The Oxford Handbook of Self-determination Theory Richard M. Ryan, 2023 Self-Determination Theory (SDT) is a broad theory of psychological growth and wellness that has revolutionized how we think about human motivation. Drawing on over four decades of evidence-based research and application, this handbook delivers a truly integrative volume with 57 chapters by the top researchers and experts within the field of SDT. Edited by an SDT cofounder, this handbook traces the theory's historical and scientific foundations and synthesizes the latest research and insights on human motivation, covering topics from the social and biological underpinnings of motivation and wellness to practical applications in all aspects of life.

The Routledge Handbook of the Philosophy of Childhood and Children Anca Gheaus, Gideon Calder, Jurgen De Wispelaere, 2018-07-20 Childhood looms large in our understanding of human life as a phase through which all adults have passed. Childhood is foundational to the development of selfhood, the formation of interests, values, and skills, and to the lifespan as a whole. Understanding what it is like to be a child and what differences childhood makes are thus essential for any broader understanding of the human condition. The Routledge Handbook of the

Philosophy of Childhood and Children is an outstanding reference source for the key topics problems and debates in this crucial and exciting field and is the first collection of its kind Comprising over thirty chapters by a team of international contributors the Handbook is divided into five parts Being a child Childhood and moral status Parents and children Children in society Children and the state Questions covered include What is a child Is childhood a uniquely valuable state and if so why Can we generalize about the goods of childhood What rights do children have and are they different from adults rights What if anything gives people a right to parent What role if any ought biology to play in determining who has the right to parent a particular child What kind of rights can parents legitimately exercise over their children What roles do relationships with siblings and friends play in the shaping of childhoods How should we think about sexuality and disability in childhood and about racialised children How should society manage the education of children How are children s lives affected by being taken into social care The Routledge Handbook of the Philosophy of Childhood and Children is essential reading for students and researchers in philosophy of childhood political philosophy and ethics as well as those in related disciplines such as education psychology sociology social policy law social work youth work neuroscience and anthropology

The Handbook of Social Psychology, 6th Edition Daniel T. Gilbert, Susan T. Fiske, Eli J. Finkel, Wendy B. Mendes, 2025-05-19 Since 1954 The Handbook of Social Psychology has been the field s most authoritative reference work The 6th edition of this essential resource contains 50 new chapters on a wide range of topics written by the world s leading experts Published in 2025 and available only in digital form The Handbook is free to read online and to download in Epub format or PDF at <https://www.thehsp.com> Editors Daniel T Gilbert Harvard University Susan T Fiske Princeton University Eli J Finkel Northwestern University Wendy B Mendes Yale University

Handbook of Parenting Marc H. Bornstein, 2019-02-01 This highly anticipated third edition of the Handbook of Parenting brings together an array of field leading experts who have worked in different ways toward understanding the many diverse aspects of parenting Contributors to the Handbook look to the most recent research and thinking to shed light on topics every parent professional and policymaker wonders about Parenting is a perennially hot topic After all everyone who has ever lived has been parented and the vast majority of people become parents themselves No wonder bookstores house shelves of how to parenting books and magazine racks in pharmacies and airports overflow with periodicals that feature parenting advice However almost none of these is evidence based The Handbook of Parenting is Period Each chapter has been written to be read and absorbed in a single sitting and includes historical considerations of the topic a discussion of central issues and theory a review of classical and modern research and forecasts of future directions of theory and research Together the five volumes in the Handbook cover Children and Parenting the Biology and Ecology of Parenting Being and Becoming a Parent Social Conditions and Applied Parenting and the Practice of Parenting Volume 3 Being and Becoming a Parent considers a large cast of characters responsible for parenting each with her or his own customs and agenda and examines what the psychological characteristics and social interests of those

individuals reveal about what parenting is Chapters in Part I on The Parent show just how rich and multifaceted is the constellation of children's caregivers Considered first are family systems and then successively mothers and fathers coparenting and gatekeeping between parents adolescent parenting grandparenting and single parenthood divorced and remarried parenting lesbian and gay parents and finally sibling caregivers and nonparental caregiving Parenting also draws on transient and enduring physical personality and intellectual characteristics of the individual The chapters in Part II on Becoming and Being a Parent consider the intergenerational transmission of parenting parenting and contemporary reproductive technologies the transition to parenthood and stages of parental development and then chapters turn to parents well being emotions self efficacy cognitions and attributions as well as socialization personality in parenting and psychoanalytic theory These features of parents serve many functions they generate and shape parental practices mediate the effectiveness of parenting and help to organize parenting

Evidence-Based Parenting Matilda Gosling, 2024-01-25
So useful extremely well researched The Times A search for parenting returns over a billion unique hits on Google How can parents know which approaches actually work to support their children to be happy healthy and fulfilled while maintaining their own sanity Evidence Based Parenting draws directly on more than one thousand studies and indirectly on thousands more to create a single evidence base and reference manual for parents This vast knowledge base has been condensed for the first time into straightforward ideas to support children's relationships physical health learning and play behaviour and happiness and well being

Work, Parent, Thrive Yael Schonbrun, 2022-11-01 2023 National Parenting Product Award Winner 2023 Next Generation Indie Book Awards Finalist Twelve practical strategies to experience more joy and feel less guilt as a working parent drawn from ACT the groundbreaking therapy technique that has helped countless people Dr Yael Schonbrun calls out the myth of the work life balance and offers practical strategies that can help us reframe our approach to working and parenting from the inside out Based in Acceptance and Commitment Therapy ACT these strategies won't create more hours in the day but they can shift how we label our experiences revise the stories we tell ourselves about working and parenting and recognize the value we get from each role Differing values and commitments pull working parents in opposite directions and the social supports families desperately need are lacking Yet even with these very real challenges we can find more peace and less stress Some of these strategies include Getting clear on our values and using these to help us make what often feel like no win choices around time and resources Practicing mindfulness in both parenting and working Subtracting less meaningful obligations from our lives These steps can help you crush both roles with examples from the author's research that show families of many shapes and backgrounds

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