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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 reportal public able. The research, however, has been mixed—some studies indicate that narrots are happier than nonguerate, whereas others suggest the reverse. We suggest that the question of whether parents are more or less happy than their childless peens 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 purents' well-being that describes why and how purents 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 purents and nonpurents, studies examining changes in well-being across the transition to purenthood, and studies comparing parents' experiences while with their children to their other daily activities. Our profess auggests 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. murriages. 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 purents. Our priorities shift in fundamental ways. Purenting may be the most rewarding experience, but it is also the hardest and most humbling.

-Sheryl Sandberg, Leave in

Children are the fount of our greatest joys and the source of our greatest sorrows. Many parents consider russing 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, Berman, & Morris, 1991; Kenrick, Griskevicius, Neuberg, & Schaller, 2010), as well as its associated costs and rewards (Nomaguchi &

Milkie, 2003), has led many social scientists to ask whether purents 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 purenthood is associated with higher well-being (Aassve, Goisis, & Savin, 2012; Ballas & Dorling, 2007; Herbst & Heber, 2013; Myrskyla & Margolis, 2012; Nelson, Kushlev, English, Dunn, & Lyubomirsky, 2013), and others suggesting the reverse (Evenson & Simon, 2005; Glenn & Weaver, 1979; Mel, analysis & Adams, 1987).

Accordingly, the association between parenthood and wellbeing 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, F1 draws on theory and research to propose psychological mecha-

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Pains And Pleasures Of Parenthood

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