

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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Pains And Pleasures Of Parenthood

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Pains And Pleasures Of Parenthood:

The Pains and Pleasures of Parenthood Lib U. Griffin, 1993-04-01 **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 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 Pathways and Barriers to Parenthood Orit Taubman - Ben-Ari, 2019-09-25 This volume explores the transition

to parenthood from a holistic developmental approach relating to barriers such as fertility problems and traumatic childbirth as well as pathways such as positive experiences of pregnancy and childbirth. It presents an extended process beginning with infertility issues continuing with subjects pertaining to decisions regarding parenthood pregnancy and birth and ending with the early stages of parenthood from a positive psychology perspective. The volume draws on theories of resilience meaning terror management and attachment and considers psychological sociological legal policy medical and therapy issues. It relates to the developmental needs of individuals and couples as well as to the role played by family society and the media offering a comprehensive in depth evaluation of the latest topics.

Handbook of Child Psychology and Developmental Science, Ecological Settings and Processes, 2015-03-31 The essential reference for human development theory updated and reconceptualized. The Handbook of Child Psychology and Developmental Science a four volume reference is the field defining work to which all others are compared. First published in 1946 and now in its Seventh Edition the Handbook has long been considered the definitive guide to the field of developmental science. Volume 4 Ecological Settings and Processes in Developmental Systems is centrally concerned with the people conditions and events outside individuals that affect children and their development. To understand children's development it is both necessary and desirable to embrace all of these social and physical contexts. Guided by the relational developmental systems meta-theory the chapters in the volume are ordered them in a manner that begins with the near proximal contexts in which children find themselves and moving through to distal contexts that influence children in equally compelling if less immediately manifest ways. The volume emphasizes that the child's environment is complex multi dimensional and structurally organized into interlinked contexts children actively contribute to their development the child and the environment are inextricably linked and contributions of both child and environment are essential to explain or understand development. Understand the role of parents other family members peers and other adults teachers coaches mentors in a child's development. Discover the key neighborhood community and institutional settings of human development. Examine the role of activities work and media in child and adolescent development. Learn about the role of medicine law government war and disaster culture and history in contributing to the processes of human development. The scholarship within this volume and as well across the four volumes of this edition illustrate that developmental science is in the midst of a very exciting period. There is a paradigm shift that involves increasingly greater understanding of how to describe explain and optimize the course of human life for diverse individuals living within diverse contexts. This Handbook is the definitive reference for educators policy makers researchers students and practitioners in human development psychology sociology anthropology and neuroscience.

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

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. 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. What We Are: The Evolutionary Roots of Our Future Lonnie Aarssen, 2022-07-05. Other animals are driven to spend essentially their whole lives just trying to get fed, stay alive, and get laid. That's about it. The same was true for our proto-human ancestors. And modern humans, of course, also require a Survival Drive and a Sex Drive in order to leave descendants. But today we spend most of our lives mainly just trying to convince ourselves that our existence is not absurd. In *What We Are*, Queen's University biologist Lonnie Aarssen traces how our biocultural evolution has shaped *Homo sapiens* into the only creature that refuses to be what it is: the only creature preoccupied with a deeply ingrained and absurd sentiment: I have a distinct mental life, an inner self that exists separately and apart from material life, and so unlike the latter, need not come to an end. This delusion conceivably gave our distant ancestors some wishful thinking for finding some measure of relief from the terrifying, uniquely human knowledge of the eventual loss of corporeal survival. But this came with an impulsive nagging doubt, an obsessive underlying uncertainty, self-impermanence anxiety. Biocultural evolution, however, was not finished. It also gave us two additional, uniquely human, primal drives, both serving to help quell the burden of this anxiety. Legacy Drive generates delusional cultural domains for extension of self, and Leisure Drive generates pleasurable cultural domains for distraction, escape from self. Legacy Drive and

Leisure Drive Aarssen argues represent two of the most profound consequences of human cognitive and cultural evolution What We Are advances propositions regarding how a visceral susceptibility to self impermanence anxiety has paradoxically played a pivotal role in rewarding the reproductive success of our ancestors and has thus been a driving force in shaping fundamental motivations and cultural norms of modern humans More than any other milestone in the evolution of human minds self impermanence anxiety and its mitigating Drives for Legacy and Leisure account for not just the advance of civilization over the past many thousands of years but also now its impending collapse Effective management of this crisis Aarssen insists will require a deeper and more broadly public understanding of its Darwinian evolutionary roots as laid out in What We Are Love and Marriage Thomas Walton Galloway,1924 **Making the Best of Semen** Anita Bernstein,2025-12-02 Making the Best of Semen shows how and why regulation can manage the only substance that both makes people and makes people sick an urgent American imperative especially with the constitutional right to abortion now gone and a national government inclined to enlarge semen s two superpowers *Living in Happiness in a Complex World* Charles P. Nemeth,2020-02-29 In Living in Happiness in a Complex World Aristotle and Aquinas formulate a dependable and perennial recipe and rule for happiness Readers can compare and contrast these two approaches to human happiness that of Aristotle and Aquinas with more contemporary visions and then decide what works and what does not As a result readers encounter a series of delineated problems that inevitably lead to either happiness or distress such as drug and alcohol usage sexual gratification sexual promiscuity marriage or non marriage family natural family planning versus artificial interference materialism power and greed to name a few In the final analysis the text lays out two versions of how one encounters these problems and attractions and by the use of data empirical evidence about the current state of social conditions gives life to a classical vision for human happiness *Wellbeing and Policy* Marie Briguglio,Natalia Czap,Kate Laffan,2025-06-06 As wellbeing becomes an increasingly explicit policy goal in countries across the world the demand for evidence upon which to base intervention is growing Featuring 41 contributing authors from 18 countries this book surveys and synthesizes recent developments in wellbeing science and policy to highlight key lessons learned and to offer actionable insights for policy making Opening with a foreword by Roberta Metsola President of the European Parliament and an introductory chapter surveying the fundamentals of wellbeing policy the book reviews the links between wellbeing and various domains including income work health family altruism and empathy ageing gender education housing environment crime democracy migration religion digital technology and art culture and creativity The book also examines the state of the art on wellbeing policy frameworks in diverse contexts including developed and developing countries small and large states across the world documenting interventions by governmental private or non governmental organizations Case studies include Bhutan New Zealand Finland the United Arab Emirates Canada Australia the United Kingdom Japan and Malta This book is essential reading for anyone interested in progressing towards a wellbeing economy including policy makers academics and students

in economics public policy public administration and behavioural and political science *Happiness and Wellness* Floriana Irtelli, Fabio Gabrielli, 2023-03-15 This book is a collection of chapters on happiness and well being It includes contributions from scientists from all over the world who present different multifaceted dialectically open perspectives and sensitivities regarding happiness The authors discuss happiness and well being from biological biopsychosocial anthropological and philosophical points of view

Lucretius in the Modern World W.R. Johnson, 2015-03-02 Lucretius On the Nature of Things one of the glories of Latin literature provides a vivid poetic exposition of the doctrines of the Greek atomist Epicurus The poem played a crucial role in the reinvention of science in the seventeenth century its influence on the French Enlightenment was powerful and pervasive and it became a major battlefield in the wars of religion with science in nineteenth century England But in the twentieth century despite its vital contributions to modern thought and civilisation it has been largely neglected by common readers and scientists alike This book offers an extensive description of the poem with special emphasis on its cheerful version of materialism and on its attempt to devise an ethical system that suits such a universe It surveys major relevant texts from the eighteenth and nineteenth centuries Dryden Diderot Voltaire Tennyson Santayana and speculates on why Lucretius and the ancient scientific tradition he championed has become marginalised in the twentieth century It closes with a discussion of what value the poem has for students of science and technology in the new century what advice it has to offer us about how to go about reinventing our machines and our morality

How Men Feel Anthony Astrachan, 1986 The Pleasure and Pain of Cult Horror Films Bartłomiej Paszyk, 2009-06-08 The horror genre harbors a number of films too bold or bizarre to succeed with mainstream audiences but offering unique startling and often groundbreaking qualities that have won them an enduring following Beginning with Victor Sjöström's *The Phantom Carriage* in 1921 this book tracks the evolution and influence of underground cult horror over the ensuing decades closing with William Winckler's *Frankenstein vs the Creature from Blood Cove* in 2005 It discusses the features that define a cult film trends and recurring symbols and changing iconography within the genre through insightful analysis of 88 movies Included are works by popular directors who got their start with cult horror films including Oliver Stone David Cronenberg and Peter Jackson

Counselling Couples in Pain Cho Choon Heng, 2003 **Speciesism, Painism and Happiness** Richard D. Ryder, 2017-01-16 Richard Ryder created the term speciesism in early 1970 and shared the idea with Peter Singer who popularised it in his classic work *Animal Liberation* 1975 A key figure in the modern animal rights revival Ryder appeared on the first ever televised discussion of animal rights *The Lion's Share* Scottish Television in December 1970 He further promoted the ideas around speciesism in recorded discussions with Bridget Brophy for the Open University and in his contribution to the seminal philosophical work *Animals Men and Morals* edited by the Oxford philosophers Stanley and Roslind Godlovitch and John Harris in 1971 From 1969 Ryder organised protests against animal experiments and bloodsports He continued to promote his ideas about speciesism in leaflets and broadcasts culminating in the publication of his *Victims of*

Science in 1975 a book that provoked debates in Parliament and on television and was described by The Spectator at the time as a morally and historically important book Dr Ryder was elected to the RSPCA Council in 1971 first becoming Chairman in 1977 In 1980 he was founding Chairman of the Liberal Democrat Animal Protection Group and later ran for Parliament was Director of the Political Animal Lobby and then Mellon Professor in the Department of Philosophy at Tulane University Ryder coined the term painism to describe his wider moral theory in 1990 He has several times broadcast on the BBC s Moral Maze Medico-pharmaceutical Critic and Guide William Josephus Robinson,1928

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