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For Immediate Release

Singapore parents perceive parenthood more positively than non-parents

As Mother's Day and Father's Day draw near, the spotlight turns to parents and how they navigate their journey of parenthood. RySense's recent poll found that parents describe their parenting experience as positive. Comparatively, those who have not gone through parenthood perceive it negatively.

Top 3 feelings that parents feel best describes their experience as a parent:

1. Rewarding/Fulfilling (65%)
2. Positively life-changing (60%)
3. A source of pride (58%)

Top 3 feelings that non-parents think parents may typically experience:

1. Stressful (73%)
 2. Tiring (71%)
 3. Overwhelming (53%)
- (Figure 1)

Effective communication tops the list of modern expectations of being a good parent in today's society in Singapore. Financial provision is ranked fourth.

The top 5 modern expectations of being a good parent today are:

1. Effective communication (40%)
 2. Imparting good values (37%)
 3. Being open-minded (37%)
 4. Having the ability to provide financially for the child (29%)
 5. Ensuring that the child excels in life (e.g. getting good grades, a good job) (28%)
- (Figure 2)

Provision of basic needs is cited as the top way for parents to display love for their children

This is despite financial provision ranking only fourth on the list of modern expectations of being a good parent. As shown above, it is the softer aspects of parenting that are deemed more important than providing for children's basic needs.

The top 3 ways parents display love:

1. Providing for basic needs to ensure that the child lives comfortably (78%)
 2. Words of affirmation/encouragement/compliments (74%)
 3. Providing emotional support (70%)
- (Figure 3)

While parents place topmost priority on providing for their children materially, taking care of their emotional needs is also important. Words of affirmation/encouragement/compliments (74%) and providing emotional support (70%) come in a close second and third respectively, as ways to show love for their children.



Between both parents, mothers focus more on softer aspects of showing love for their children and spend more quality bonding time with them

Mothers value these softer aspects of showing love for their children, more than fathers:

1. Providing emotional support (80% vs 58%)
2. Doing an activity together (68% vs 58%)
3. Physical affection (57% vs 44%)

On average, parents spend 14.5 hours of quality bonding time (e.g. going out together) with their children in a week. Mothers spend a weekly average of 16 hours of quality bonding time with their children, more than fathers who spend a weekly average of 13 hours.

It appears from our survey that while parents recognise the importance of supporting their children emotionally, mothers appear to be putting in more effort and time on this crucial aspect of parenting. On top of local policies to encourage greater paternal involvement, fathers taking their own initiative to get more involved in the family will help balance the load of parenting.

Appendix

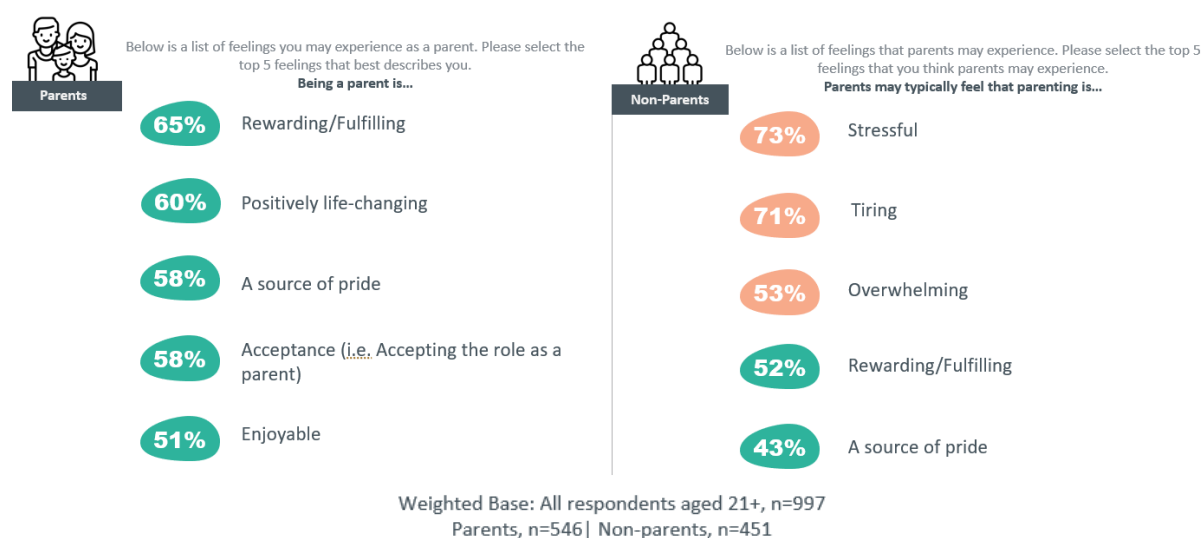
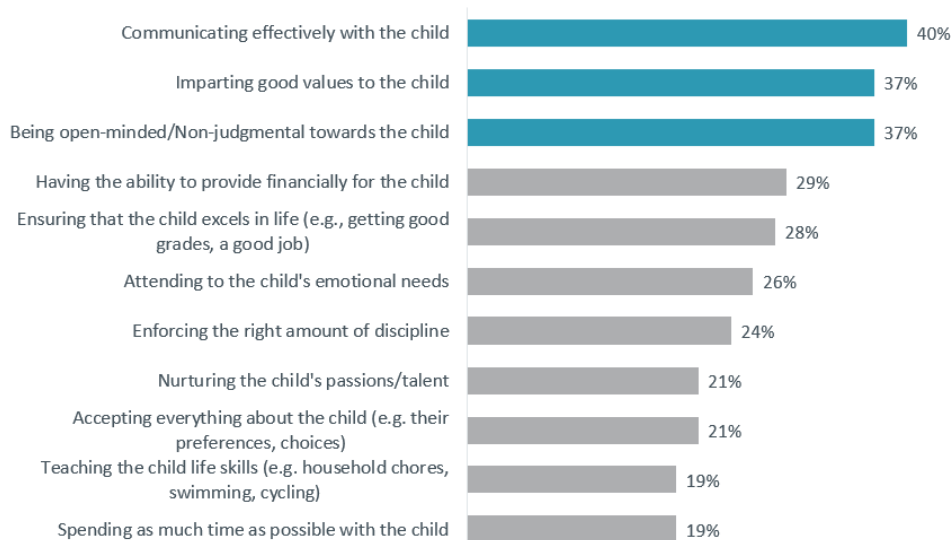


Figure 1



What do you think are some **modern expectations** of being a good parent in today's society in Singapore? Please select the top 3 options.



Weighted Base: All respondents aged 21+, n=997

Figure 2

How do you usually show your love for your child(ren)?
You may select all that apply.



*I don't believe in showing love to the child [mutually exclusive option] (1%)

Base: Parents, weighted by general population proportions, n=546

Figure 3

Above figures are based on a survey conducted in February 2024 of 997 Singapore residents (parents and non-parents) from RySense's online panel, HappyDot.sg, aged 21+ and representative of national population. Percentages may not add up to 100% and are rounded off.



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About RySense

RySense is a Singapore-based research organisation which seeks to understand what people in Singapore think, feel and do. We are specialists in research methods, public opinion research and social trends and have conducted research on a range of socio-economic issues as well as current affairs topics. Using robust approaches, we seek to generate reliable insights about the Singapore landscape, which reflect both subtle nuances and macro perspectives. We are run by a diverse team of market research professionals.

For more information, please visit www.rysense.sg.

About HappyDot.sg

HappyDot.sg is an online survey community for Singapore residents to voice their opinions on issues that impact Singapore. We survey our panellists on a variety of social issues to understand the aspirations of Singaporeans. HappyDot.sg is owned by RySense.

For more information, please visit www.happydot.sg.