

RESEARCH BRIEF: Survey for Dads 2022

Introduction

Our third Survey for Dads was conducted from 04 May – 31 May 2022 through the databases and social media channels of Focus on the Family Singapore. A total of **269 fathers** responded.

This year's survey focused on understanding dads' **self-efficacy in parenting**, and uncovering the importance of **"dad-friends"** in supporting a dad's journey of fatherhood.

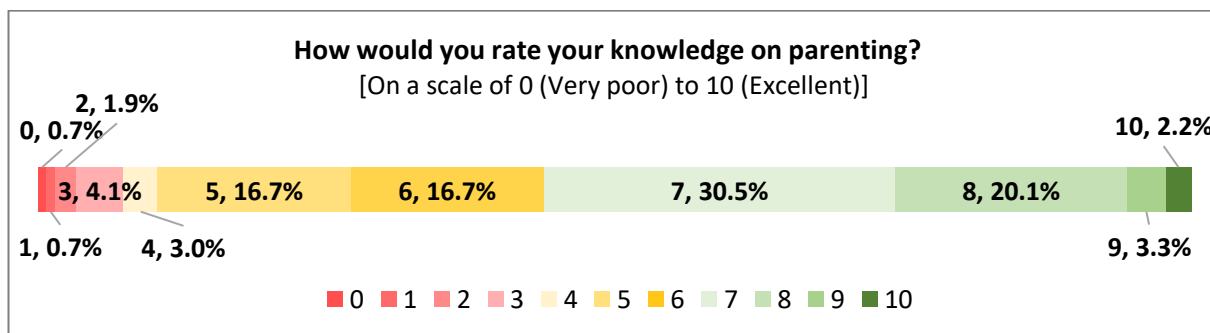
The survey results were also shared with the media, and a portion of the results were reported by The Straits Times¹.

Reflections on Fatherhood

Fatherhood can be a difficult journey for dads, especially since they have multiple roles to fulfil at home. In a previous survey that we conducted in 2020, fathers told us that they understood their primary roles to be *"teaching values and discipline"* to their children, and being a *"breadwinner"* for their family.

Almost three in five dads from our 2020 survey told us that they struggled with *"dad guilt"* too, with the main source guilt being due to not having enough time for their children due to work.

In this year's survey, nearly 40% of dads felt that they can be a better parent, giving themselves a rating of six and below on how well they play their role as a father. Similarly, 44% of them rated their knowledge on rating at six and below (out of 10).

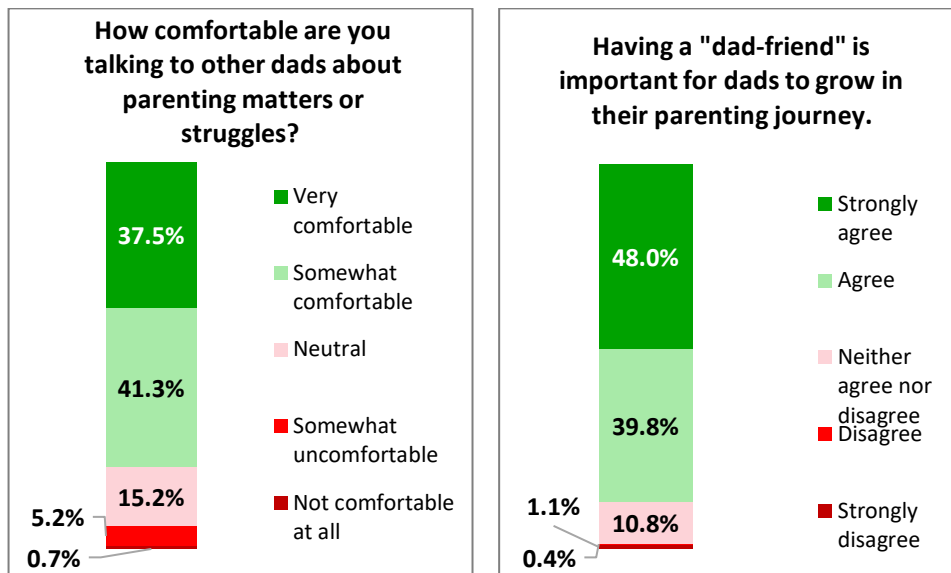


Dad community

It is heartening to know that dads do not have to struggle alone on in this journey.

74% of the fathers we surveyed this year said that they have a friend that they can confide in about their parenting struggles, and almost 80% say that they are comfortable talking to other dads about parenting matters or struggles.

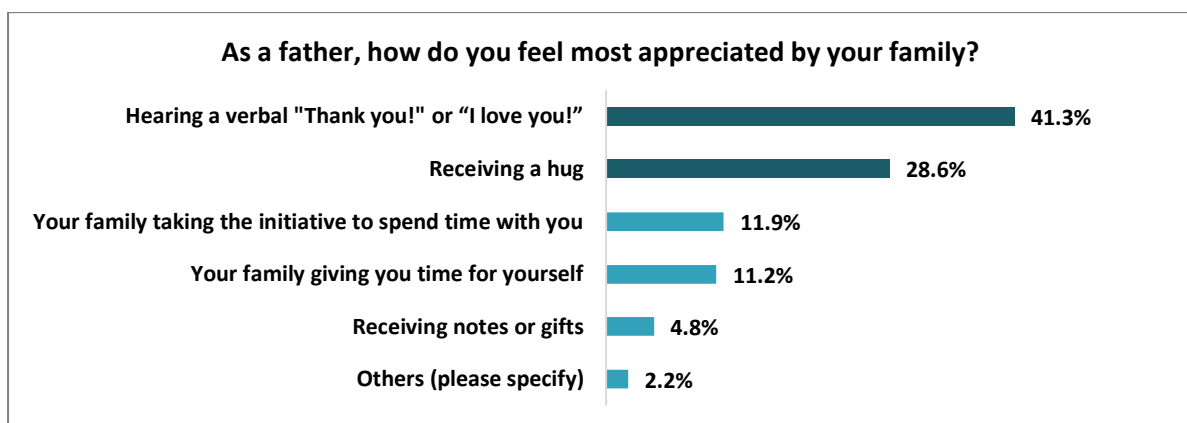
Majority of the dads in our survey believe that having the support of a *"dad-friend"* (a personal friend who is a fellow dad) is important for dads to grow in their parenting journey.



Supporting and encouraging dads

Having a support network of fellow dads can allow fathers to learn from each other’s experiences and give them the space to receive the practical and emotional support they need, as they journey through the different stages of fatherhood.

It is also important for dads to receive encouragement at home too. Even the simplest of words and actions can mean a lot to them – dads in this year’s survey say that they feel most appreciated when they hear “thank you” or receive hugs from their family members.



Conclusion

The nation is taking good steps to help fathers become more involved parents. The doubling of paternity leave² is a great first step, and support from dad-friends and encouragement from family members can further help dads to be the best father that they can be for their children in the long but rewarding journey of fatherhood.

If you have any questions about the survey results, please reach out to us at: research@family.org.sg.

References

- ¹What dads really want: Other dads to discuss parenting struggles with (The Straits Times, 17 Jun 2023)
- ²Budget 2023: Paid paternity leave doubled to 4 weeks, unpaid infant care leave from 6 to 12 days (The Straits Times, 20 Feb 2023)