

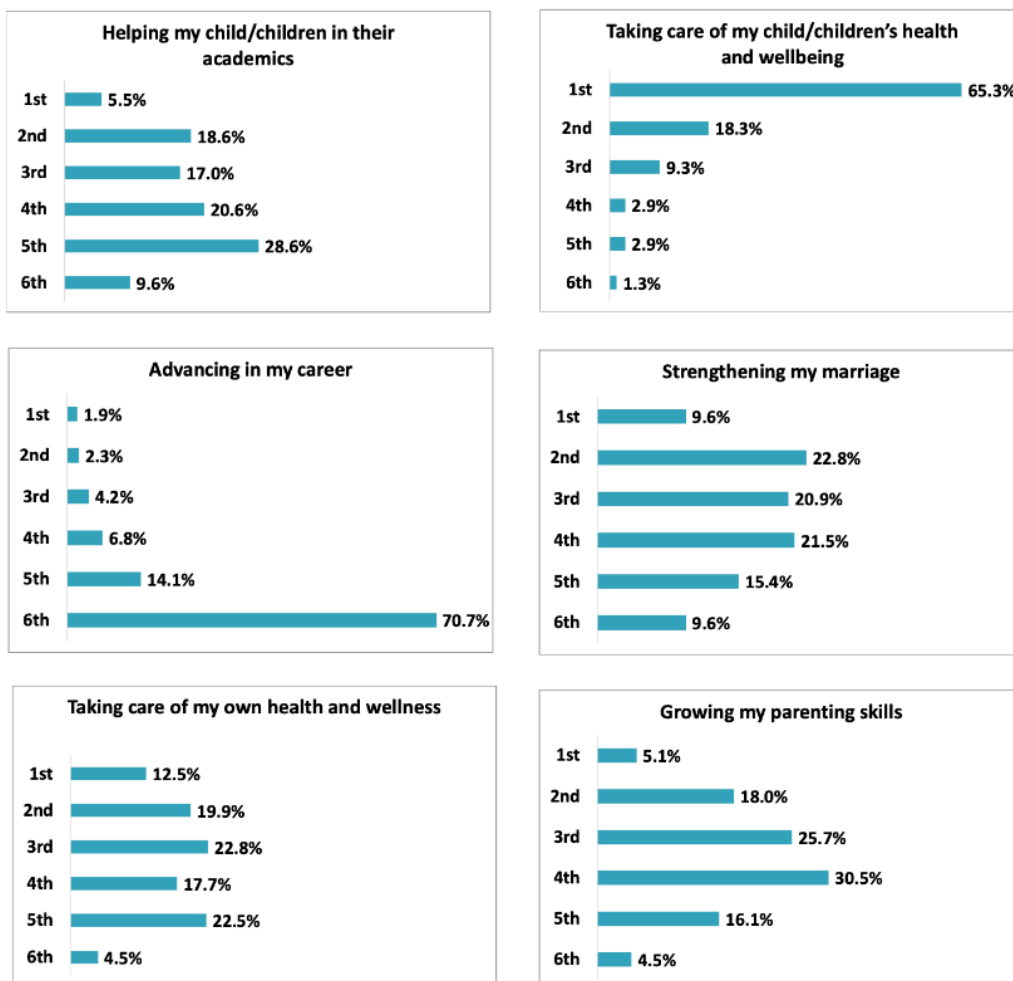
## RESEARCH BRIEF: Survey for Mums 2022

In conjunction with Mother's Day last year, Focus on the Family Singapore conducted a survey from April 5 to April 24, 2022, to allow mothers to reflect on their motherhood journey. The survey received a total of 311 responses, with more than half of the participating mothers being employed full-time.

### Priorities as a mother

Balancing multiple priorities as a mother, including caring for their children's health, strengthening their marriages, and pursuing their careers, can be challenging. Among the various priorities mothers have, 65.3% of the respondents noted that their top priority was their child or children's wellbeing.

**Q1. Based on the options below, what are your most important priorities as a mother?**  
(Please rank the six options below accordingly)

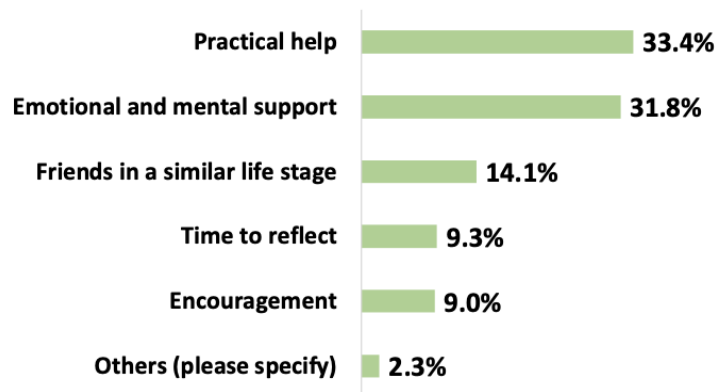


On the other hand, it is surprising to note that 70.7% of the participants ranked advancing in their careers as their lowest priority. This is intriguing, especially since most of them are employed full-time and not primarily homemakers.

## Help needed in their season of motherhood

Regarding the support they wish to receive during their journey of motherhood, the majority of mothers expressed a desire for more practical, emotional, and mental support. Practical support may encompass assistance with childcare or household chores. Conversely, emotional and mental support can include having someone to confide in, which is particularly important given that statistics indicate that 1 in 10 women experience depression during pregnancy or after giving birth (KKH, 2022).

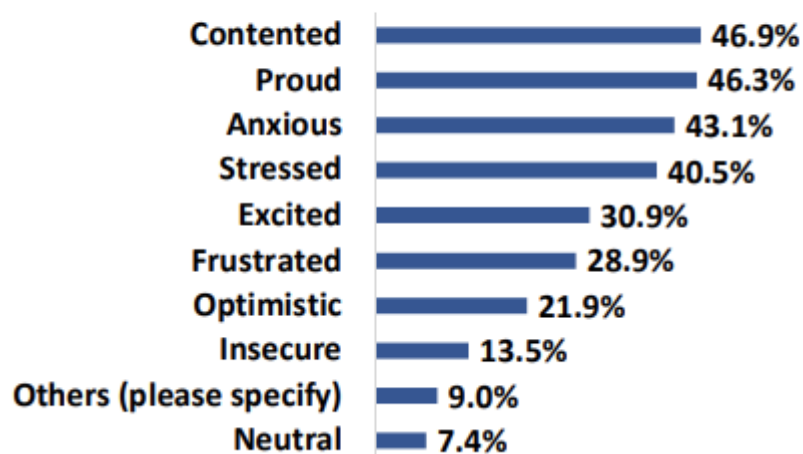
### Q2. What do you need most to help you in this season of motherhood?



## Emotions associated with motherhood

In relation to the emotions associated with motherhood, a blend of positive and negative feelings is observed. The majority of mothers predominantly experience positive emotions, with 46.9% feeling contented and 46.3% feeling proud when reflecting on their motherhood journey. On the contrary, prevalent negative emotions among mothers include anxiety and stress, with 43.1% and 40.5%, respectively, reporting these feelings.

### Q3. What emotions come to mind when you think about your motherhood journey?



## Feeling appreciated

When it comes to feeling appreciated by their families, mothers, on average, rated their level of appreciation as 6.26 on a scale from 0 to 10. While this rating is respectable, there is room for improvement. Interestingly, mothers tend to feel most appreciated when their families take the initiative to assist with household tasks, unlike fathers who tend to prefer verbal expressions such as 'Thank you!' or 'I love you!', evident from the [Survey for Dads done last year](#).

## Conclusion

In summary, our survey reveals that mothers face a delicate balancing act, prioritising their children's wellbeing while often placing career advancement lower on the list. They seek practical, emotional, and mental support as they navigate the challenges of motherhood, which can be particularly critical in light of the statistics on maternal mental health. Additionally, mothers appreciate gestures of help and expressions of gratitude from their families. These insights underscore the complexities and needs of motherhood. It is an opportunity for us to better understand and support the mothers in our lives, recognizing the remarkable work they do every day.