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Web Survey Study Group

Men's participation in the Managerial and Emotional Domestic Work: Evidence from Japan

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Objective of the Research

- This research aims to **cause of the gender gap in domestic work (housework and childrearing)**
- In particular, this research aims to examine the **predictors that mitigate the gender gap in the invisible aspects of domestic work, which includes managerial (Daminger 2019) and emotional domestic work (DeVault 1999; Wayne et al. 2023).**
 - In short, **what are the predictors of men's participation in managerial work and emotional work**
 - **Examine through focusing on variation within men**
- I am close to launching the full-scale survey (n =1,500), and would like to hear final thoughts before releasing the questionnaire

My Questions

- If any questions do not make sense?
- Are there any suggestions?

Technical questions

- Trap Question
- Randomization order

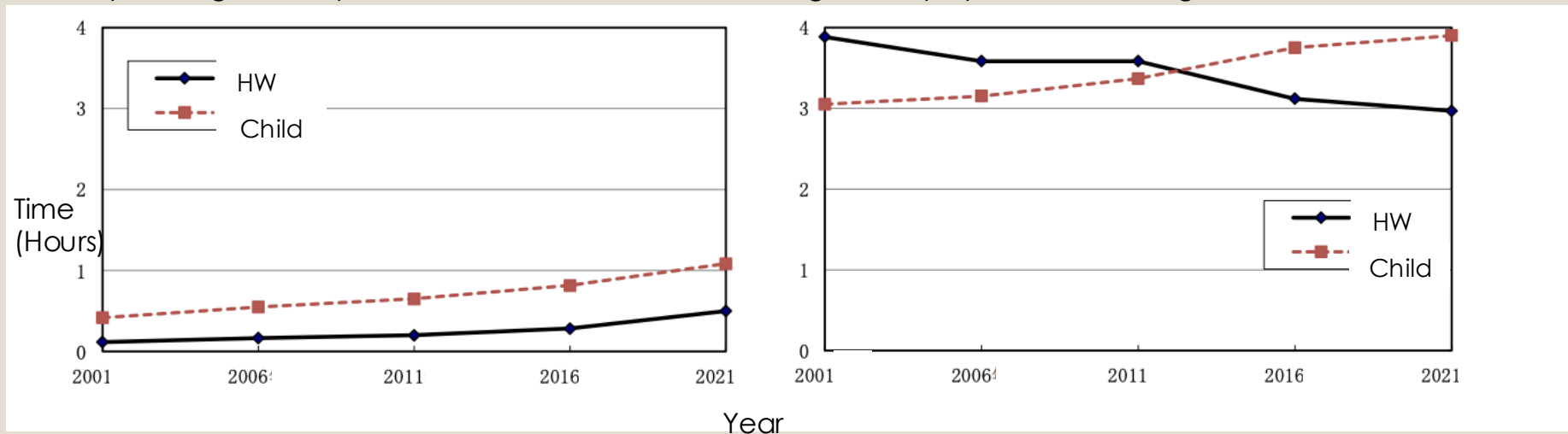
Background

- Research on **invisible, boundaryless, and enduring aspects of domestic** work is now widely discussed as “**mental load**” (Dean, Churchill, and Ruppanner 2022; Daminger 2025).
- Researchers have identified **managerial** and **emotional** aspects of domestic work.
- However, there is a **dispute on whether or not managerial and emotional domestic work are separable** (Wayne et al., 2023; Weeks and Ruppanner 2024).
- By **focusing on the Japanese context**, where (1) men’s average participation in household labor is the lowest among post-industrial countries and (2) maternal love is one of the widely accepted discourses, I aim to:
 - distinguish** managerial and emotional labor, and
 - show that these labors are **gendered through distinct mechanisms**

Background of the Japanese context

- Men's time spent on domestic work has doubled (especially child-rearing).
- However, women's total time on domestic work **has not substantially decreased** over the past two decades (7.41 to 7.28 hrs)
 - Time spent on child-rearing is increasing
- Women still spend **5.5 times** as much time on domestic work as men.
 - Is men's increased participation in domestic work merely a supportive role or in enjoyable tasks?

Figure 1: Weekly Average Time Spent on Housework and Childrearing Per Day by Gender among Parents of Children under 6, 2001–2021



(Survey on Time Use and Leisure Activities by the Statistics Bureau of Japan, 2021)



RESEARCH DESIGN

Description of the Survey

- Sample: **Japanese men with a legal or cohabiting partner with children aged 12 (in elementary school) or younger**, who generally require more care.
- Full-Scale Sample: 1,500
- **Pilot Survey: 95**

Age	Full-scale (n)	Pilot Survey (n)	% in Japan
15-19	0	0	0.02%
20s	98	7	6.55%
30s	621	41	41.38%
40s	662	44	44.16%
50s	111	7	7.39%
60s	7	1	0.49%
Total	1500	100	100.00%

Table 1: Nationally representative sample size by Age group of Fathers with children under 12 (Total N=1,500)

Calculation based on Japanese Census Dara 2020 “Family with Husband and Wife”

Outcome Variable

- **Managerial domestic work:** “Labor that is needed to organize life functioning, which includes anticipating needs, identifying options for filling them, making decisions, and monitoring progress (Weeks and Ruppanner 2024; Daminger 2019; Wayne et al. 2023).
- **Emotional domestic work:** “Understanding and comforting other family members’ feelings, as well as emotional management of oneself” (DeVault 1999; Hochschild 1983; Fielding-Singh and Cooper 2023).

Daily vs Episodic Items

Focus on the Daily household labor:

- **Daily (Routinized) work:** the vast majority of housework, which happens on a daily basis (Hook 2017).
 - **Episodic items:** infrequently, easily delayed, and external concerns to the operation of the household Weeks and Ruppner (2024:13)

Construction of the Outcome Variable: Physical, Managerial, and Emotional

- **Activity-based measures** for Physical, Managerial, and Emotional labor
- Relative measure: 1" Always me," 2" Mostly me" 3"Both or Equal," 4"Usualy partner," 5"Always Partner"
 - Allows us to also capture partner's participation
 - Managerial and emotional work cannot always be measured through absolute amount
- Physical and Managerial: **5 questions on Housework and 5 on Childrearing.**
 - **4 are Daily**/Routinized (which I will be focusing on more)
 - 1 for episodic
- Emotional work: **5 questions of child-rearing and 3 questions of parental pressure**
 - In addition to the relative measure, emotional work includes emotional management of the focal person
- Scale from 0 to 12.



OVERVIEW OF THE QUESTIONNAIRE

Overview 1/2

- [Possibly?] Include a Trap question to check if the sample is a cautious respondent

Q1-4 Family Status

- Q1: marital status
- Q2 : Partner Age
- Q3: Household members
- Q4: Members involved in the housework and/or child-rearing
- Q5: Respondent and partner's highest level of education?

Q6-11: Housework and Childrearing

- Q6-7: Time spent on Housework and Childrearing
- Q8: Physical Housework and Childrearing activity-based measures (Relative to Partner) (Outcome Variable)
- Q9: Managerial Housework and Childrearing activity-based measures (Relative to Partner) (**Outcome Variable**)
- Q10: Emotional Childrearing activity-based measures (Relative to Partner) (**Outcome Variable**)
- Q11: Emotional Management activity-based measures (Focal) (**Outcome Variable**)

Overview 2/2

- Q12: Fairness of Housework and Childrearing Distribution
- Q13: Gender Ideology (**Hypothesis on Gender Ideology**)
- Q14-16: Opinions about Investing in Domestic Labor (Hypothesis on devaluation of domestic work)
- Q17-21: Respondent and Partner Work status (**Hypothesis on Socioeconomic status**)
- Q22: Respondent and Partner WLB use (**Hypothesis on WLB support system**)
- Q23-4: Children's age and gender
- Q25-6: Respondent and Partner Parental leave use (**Hypothesis on WLB support system**)
- Q27: Residential Area (Control Variable)
- Q29: Possibility of Future interview research

Main Hypothesis

Assumption:

- Men participate less in Daily tasks than Episodic tasks
- Men participate less in Housework than in child-rearing (Hook 2017, etc.)

Main Hypothesis

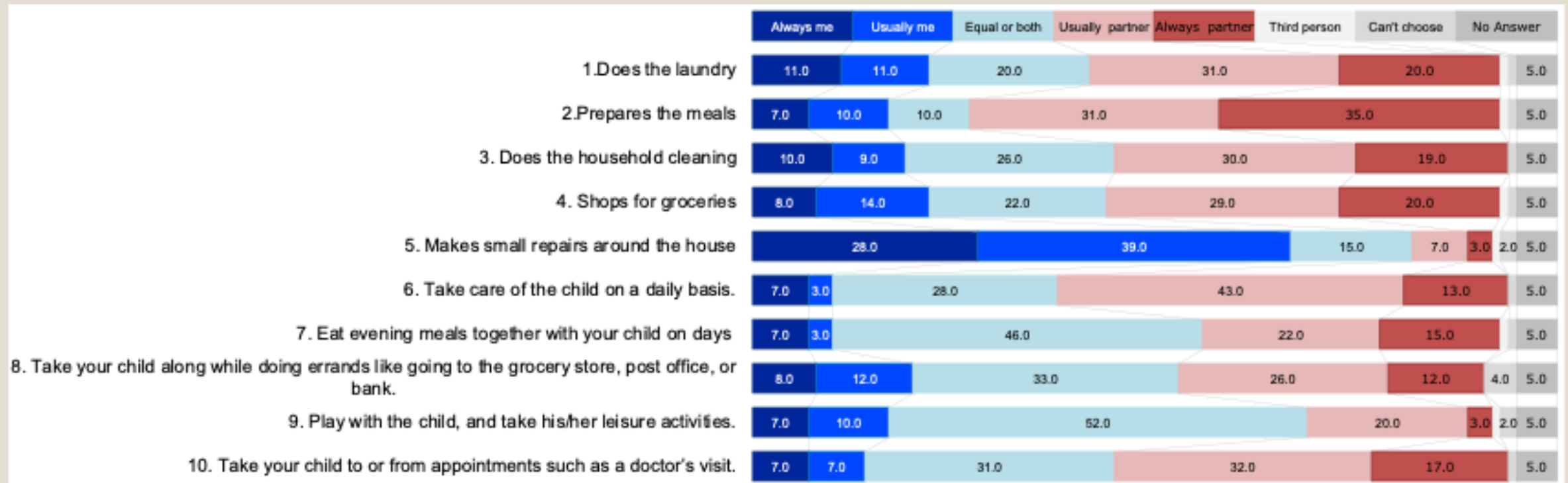
- Physical, Managerial, and Emotional work is **gendered through different mechanisms**
- Factors such as (1) Socioeconomic status, (2) Access to WLB support systems, and (3) Gender ideology affect men's participation in the domestic labor



PILOT SURVEY RESULT

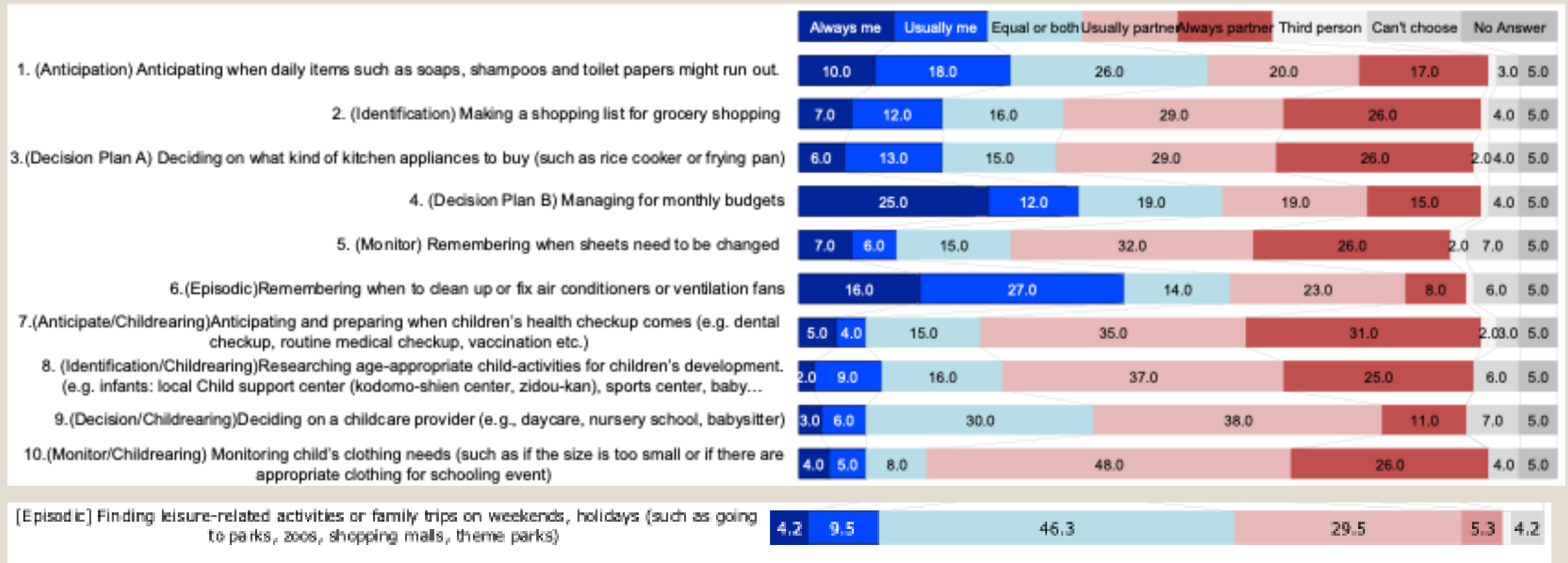
Physical work

Figure 1: Participation of Physical Labor (n = 100)



Managerial

Figure 2: Participation of Managerial Labor (n = 100)



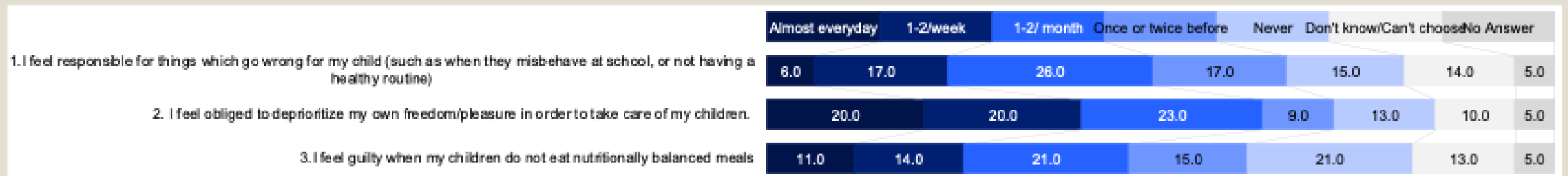
Emotional (Relative)

Figure 3: Participation of Emotional Labor in Relative Measure (n = 100)



Emotional (Focal)

Figure 4: Participation of Emotional Labor from focal measure (n = 100)



Discussion

- Physical
- Managerial: Men perceive these tasks as mostly taken care by partners
 - Except episodic and decision-making items (consistent with the previous research)
- Emotional: Mostly

Thank you!