Purpose

This study aimed to identify the factors that influence the amount of time spent on child care and housework by fathers until 1 month after child birth.

Measurement1

1. Demographics
   Age, family structure, employment status, and working hours
2. Child care time and Housework time
   Child care time was the total time spent on child care during the week and the weekend.
   Housework time was the total time spent on housework during the week and the weekend.
3. Emotional support to the mother (Nishiyama, 2000)
   Emotional support was measured by a four-point scale (the score range: 4-56).
4. Equitarian sex role attitudes (Suzuki, 1994)
   Their view on gender role was measured using a five-point scale (the score range 15-75).

Measurement2

1. Development as a father (Kawasaki, 2000)
   Development as a father was measured using a five-point scale, and the total score was divided by the number of items to obtain the average value.
2. Acceptance of the father role
   Acceptance of a role in child care and acceptance of a role in housework were evaluated using the visual analogue scale.
3. Development as a father and the sense of burden related to child care
   The sense of burden related to child care was evaluated using the visual analogue scale.
4. The lecture that impressed in the father’s class
   We conducted an interview survey regarding the lectures that impressed the participants.

Basic statistics

<table>
<thead>
<tr>
<th></th>
<th>n=24</th>
<th>Mean ± SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Child care time</td>
<td>0.387 ± 0.662</td>
<td></td>
</tr>
<tr>
<td>Housework time</td>
<td>19.0 ± 13.3</td>
<td></td>
</tr>
<tr>
<td>Emotional support</td>
<td>4.5 .52 0.56</td>
<td></td>
</tr>
<tr>
<td>Equitarian sex role attitudes</td>
<td>4.70 ± 4.61</td>
<td></td>
</tr>
<tr>
<td>Development as a father</td>
<td>0.40 ± 4.0</td>
<td></td>
</tr>
<tr>
<td>Acceptance of a role in housework</td>
<td>6.34 ± 10.0</td>
<td></td>
</tr>
<tr>
<td>The sense of burden related to child care</td>
<td>3.70 ± 20.80</td>
<td></td>
</tr>
</tbody>
</table>

The factors that influence for fathers to spend their time for housework

- The image of feeding schedule
  \[ \beta = 0.32^* \]
- The importance of the father’s participation in housework
  \[ \beta = 0.21^* \]
- Child care time
  \[ \beta = 0.51^* \]
- Work hours
  \[ \beta = 0.79 \]

The factors that influence for fathers to spend their time for childcare

- The image of feeding schedule
  \[ \beta = 0.32^* \]
- The importance of the father’s participation in childcare
  \[ \beta = 0.33^* \]
- Child care time
  \[ \beta = 0.40^* \]
- Work hours
  \[ \beta = 0.21^* \]

Conclusion

The fathers’ class was found to influence the amount of time spent on child care by fathers through the development as a father and the sense of burden related to child care. The fathers’ class was found to influence the amount of time spent on housework by fathers through equitarian sex role attitudes and acceptance of a role in housework.

Analysis

- SPSS 21.0 was used for the statistical analysis.
- A path diagram was drawn with the factors that influenced the amount of time spent on child care and housework through fathers using the items selected by multiple regression analysis (stepwise method) as observable variables.
- Amos 2.16 was used for the path analysis. Chi-square test, GFI, CFI, and RMSEA were all employed to determine the fit index between the model and data.
- The level of significance was set below 0.05.