

Does Having Children Make You Happier?

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NPR:

There's been a debate raging in academic circles for years. Does having children really make one happier? Most parents say their kids absolutely make them happy, but some researchers have come to question that.

One of the questions he asked was: How happy are you when you're taking care of your kids? I spoke with Sonja Lyubomirsky, she's at the University of California at Riverside, and she told me that 2004 study and found that parents really weren't very happy.

“When they sort of ranked the different activities on happiness, they found that taking care of children was read it, you know, fairly low. It was rated close to sort of vacuuming and, you know, sort of showing that, oh, look, you know, it means that parents are not happy.”

Read the whole story: [NPR](#)

See [Daniel Kahneman](#) at the 25th APS Annual Convention.