

Exploring Domestic Work Distribution among Gen-Z Couples in China: A Case Study

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ABSTRACT: This research has an examination that spanned several concerns, research topics, and objective assessments, this study dove headfirst into the scholastic habits of modern Chinese Gen Z from a variety of perspectives. Methods for collecting data were also documented in detail, and the research grounded its conclusions in plausible hypothetical frameworks. The author sets out to learn how Gen Z couples in China divide up the housework. Societal and cultural elements, as well as views on gender roles and housework, are among those investigated in this research review. These results stress the importance of fighting for gender parity and questioning established gender roles when it comes to housework. This portion has focused on the Data-collecting methods have been the primary emphasis of this part, and the subsequent analyses have been based on these methods. It's brought to light several fundamental methods for acquiring information that might be useful later on. It has focused on the "design, data-gathering methods, sampling, and analytic techniques". The results show a mash-up of traditional and egalitarian perspectives on gender roles, with resulting power differentials. To achieve a more equitable division of household work among China's Gen-Z couples, efforts must be made to challenge established gender conventions and promote equality.

KEYWORDS –domestic work distribution, gender equality, generation Z couples, case study, explore and discussion.

I. INTRODUCTION

This portion of the research has admired the distribution of domestic work among the Gen-Z couples in China, and further based on it main analysis is made on this entire research observation. It is going to evaluate the patterns of domestic work that are taking place among the modern Gen-Z Chinese and their roles, responsibilities are admired. It is going to cover the vast backgrounds, problem analysis, questions and objective determination. It is also going to evaluate the methods for gathering specific analysis for the research. It is also going to determine the literature analysis along with its theoretical frameworks. It is also going to cover the significance and timeline frameworks in completing the entire research analysis for this entire research. This case study mainly focuses on the Gen-Z couples in Shanghai China and the load of responsibilities connected with the domestic work culture. Gen-Z couples are between the span of late 1990s and early 2010s. Tasks such as cooking, Shopping, or even childcare are being part of the responsibilities of the couples in China. The Gen-Z couple in China are trying to find a balanced lifestyle with less stress. Besides this, gender equality is one of the major things that this type of couples are focusing on. Thus, this study will help to get an idea of how findings, issue investigation, questions, and objective determination are going.

The research that is done here is mainly concerned on gaining the term gender equality and even how the household jobs are segregated among the members of a family. As per the views of Zhou *et al.* (2022), the Gen-z couples were born at that time when the old traditional rituals or cultural norms were changing slowly. Even it was a traditional thought that female were not allowed to go to office or to any other jobs. During those days girls were not given the proper opportunity of getting into the studies and gain higher literacy rate. The study mainly focuses on how the new generation is trying to focus on the gender equality rights and how female candidates are given equal job roles like men.

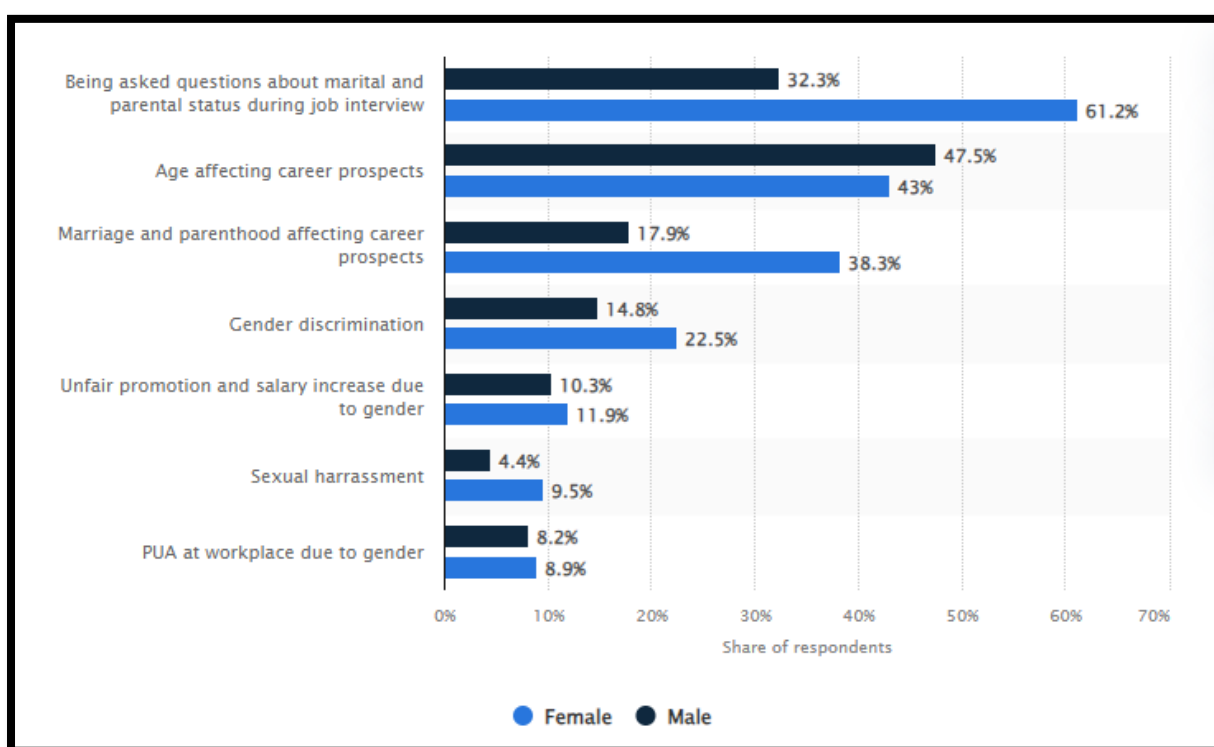
The main motto of this research is to aim towards gender equality, the division of domestic labour within homes has recently attracted a lot of attention. It has been observed that between the middle of the 1990s and the beginning of the 2000s, the Gen-Z cohort represents a generation that developed amid evolving social and cultural standards. It has examined the dynamics of domestic labor allocation among Gen-Z couples in China

(Twenge, 2023). This case study hopes to offer insight into how gender roles and attitudes are changing within this specific generation.

II. PROBLEM STATEMENT

There are many problems or criticism that are faced by the Gen-Z couples in china due to lack of modernize thinking. As per the statement of Liu & Zhang (2022), some people are still following the old traditional values and norms. On other hand, some are not ready or cannot adapt to these modern changes.

After a thousand of changes that have happened, there is a thought among the people in China still thinks that women should stay at home. The main work of women is to take care of their child and kitchen. The men are expected to take care of balancing the financial status of their own families. This type of thinking creates a major problem for maintaining the culture of a workplace. Moreover, it becomes a burden for all of the women by staying at home and not getting any further growth both in personal and professional terms.



Some of the factors mentioned in the above figure is meant to be the main points that are raised in a workplace in Chinese companies. These are some characteristics that discriminates the topic of gender equality. Most of the Gen-Z couples are affected by the factors like gender discrimination or discrimination in terms of age. During interview sessions female candidates are asked at a percentage of 61.2% about their marital or parental status than men, which is 32.3% (Statista, 2023). In some of the places women if married are not taken in particular organisations. Sexual harassment is huge problem that is increasing day after day in most of the multi-national companies. It is seen that women and men both are sexually harassed in china at a percentage of 9.5% and 4.4% respectively (Statista, 2023). Women are sexually harassed or told to be comprised with their seniors to get a raise in their basic pay or for further promotion.

Furthermore, it has been evaluated that gender-based payment has faced issues is evaluated by 16% and financial independence is at 14% (Statista, 2023). It has workplace issues faced by the women and they do not help them to overcome them by 11%, equality achievement issues are faced by 9%, and lack of education issues are faced by 9% (Statista, 2023). It has been evaluated that lack of family planning has been hindering issues by 9% and lack of knowledge issues is faced by 9% (Statista, 2023). It has been determined that 7% of issues are faced due lack of education infrastructure in China and the media portraying it (Statista, 2023). It has been evaluated that 5% of issues are faced by health and safety-based issues (Statista, 2023). These are the main

factors that create diversity among Chinese women that directly reflect Gen-Z in managing their domestic work management.

Thus, it comes to the research's aims and objectives, which is to investigate the gender roles played by Gen-Z of Shanghai China's spouses in the realm of housework. To achieve this objective, it is of great importance to critically assess the prevailing gendered power dynamics and socio-cultural influences on domestic work division among Gen-Z of Shanghai and critically analyse the nuanced perceptions, attitudes, and beliefs of Shanghai China's Gen-Z individuals towards gender roles, domestic work, and the evolving concept of gender equality.

There are two research questions in this article:

Q1. What extended traditional gender norms persist in the division of domestic work among Shanghai China's Gen-Z couples, and what factors contribute to the perpetuation or challenge of these patterns?

Q2. How do the perceptions, attitudes, and experiences of Shanghai Gen-Z individuals regarding gender roles, domestic work, and gender equality shape and influence their behaviors and decision-making within intimate relationships and household dynamics?

2.1 Significance of this research

The case study holds importance in featuring the effect of cultural changes on relational intricacies and connections. It investigates the impact of training, urbanization, and the ascent of double pay families on the discussion of homegrown obligations. Understanding these elements can have suggestions for arrangements connected with gender equality, balance between fun and serious activities, and family support. As per the views of Cankan & Wateri (2022), this study might focus on some of the key factors that the Shanghai China's Gen-Z couples are highlighting on. Like household responsibilities or gender equality that will help female candidates to get higher rate of opportunities from professional aspects. It investigates how customary gender standards are being tested as Gen-Z couples make progress toward additional impartial divisions of work inside the family. It even helps to focuses on the issues that both male and female candidates are facing in any kind of workplace.

First not all types of jobs are suitable for female candidates in china. Besides that, promotions or increments are found to be more among female candidates. According the statement of Nasser (2022), female candidates are more sexually harassed than male candidates to get promotions or any kind of salary increments. This is the main reason why female candidates are trying to switch their job role to work from home.

The significance of this research is to analyse the gender roles and family dynamics in a society that is continuously changing the research value of examining domestic labour distribution among Shanghai China's Gen-Z couples using a case study. Chinese society and economy have experienced substantial change, and the rise of the Gen-Z age offers fresh insights into gender roles and domestic duties. The research may give information on the degree to which conventional gender norms are being challenged or supported by examining how household labour is allocated among these couples.

This study advances our knowledge of how gender dynamics and roles are changing in Shanghai China's Gen-Z cohort. The results of this research may help social institutions, educators, and legislators understand how interventions and support systems are needed to encourage more fair allocation of domestic labour. It sheds light on the elements that aid or obstruct efforts to achieve gender equality in modern Chinese culture.

This study's emphasis on Shanghai China's Gen-Z couples, who are impacted by contemporary ideals, higher levels of education, and exposure to external influences, makes it especially noteworthy. These couples' negotiations and sharing of household duties may provide insightful information on how gender dynamics are changing and assist pinpoint relevant intervention and policy development areas to advance gender equality. This case study may add to the body of knowledge on household labour distribution, gender equality, and the evolving character of family structures in modern Chinese culture by providing comparative insights into the larger debate on gender roles and family dynamics in China.

III. LITERATURE REVIEW

Gender dynamics and social interactions are profoundly impacted by how spouses divide up domestic labor. The development of understanding of domestic work assigned and shared among Gen-Z couples in China is becoming increasingly relevant as Gen-Z emerges as a major demographic cohort. The purpose of this literature review is to use a case study to examine the topic of domestic job distribution among Generation Z couples in China. This review aims to shed light on the factors, obstacles, and potential solutions linked with domestic work allocation among Gen-Z couples by focusing on the setting of China.

The Division of Labour theory has described an analytical framework for thinking about how labour is split up in families. Gender, socioeconomic position, and cultural expectations are just a few of the aspects it analyses to determine how housework gets done. The Division of Labour hypothesis is useful for understanding how Chinese millennial couples divide up housework (Bogueva & Marinova, 2020). The Division of Labour theory is useful for examining the power dynamics and dynamics of domestic work allocation within Generation Z couples. It has acknowledged that gender is a significant factor in the division of labour and that traditional gender conventions often dictate who does what. This theory has given a prism through which to analyse how couples from the Gen-Z in China deal with the lingering influence of traditional gender norms. It has acknowledged that economic and social conditions affect who does what around the house. The ability and availability to contribute financially are major factors in determining who does what around the house. This theory has investigated how Chinese couples from the millennial generation deal with and potentially defy societal norms and economic restrictions regarding the division of household labour (Corbisiero & Monaco, 2021). Hence, the description of this theoretical framework has nuanced comprehension of the variables that determine how people in this demographic share their time and energy.

Furthermore, According to the social construction of gender theory, gender is not a fixed characteristic but rather a product of historical and cultural contexts. It has highlighted the fact that gender is a social construct from which meaning, duties, and expectations are assigned to individuals. The social construction of gender theory has provided a useful lens for analysing the influence of cultural norms, attitudes, and beliefs on the division of domestic work among Chinese millennial couples (Frydenlund, 2021). In China, women have traditionally been expected to take on the majority of care giving and housework chores, maintaining the stereotype of women as the primary providers for their families. Gen Z, who have been exposed to more liberal views and influences, may cause a shift in these conventional gender roles. Gen Z couples' perspectives and actions on household chores are illuminated by the social construction of gender theory. The theory has proposed that cultural attitudes and values surrounding gender roles are internalised by individuals through socialisation processes (Suyunchaliyeva et al. 2021). Couples from China's Generation Z have to figure out how to divide up household chores in light of traditional gender roles and their shared desire for more equitable relationships.

Lastly, There are a number of elements at play in the attitudes, beliefs, and behaviours of Gen-Z couples when it comes to the division of domestic labour. The dynamics of household work allocation, as well as the obstacles to and opportunities for more fair distributions of labour, are best understood by considering these aspects. This section has illustrated the key factors that have a significant influence on this research topic.

Shifting Gender Roles and Expectations

Couples from the millennial generation are typically influenced by shifting views on gender roles. Gen Zers are more likely to share the load around the house than members of older generations. Both couples pitch in around the house as much as possible in an effort to achieve a more equitable division of labour (Chaichi et al. 2023). Traditional gender roles and societal conventions continue to have an impact, especially on couples where those norms were emphasised during their upbringing. Even while attitudes are shifting, traditional gender roles might still influence how housework is divided among members of Generation Z's emerging middle class.

Educational and Professional Pursuits

The way couples in the Millennial and Gen Z generations divide up housework depends heavily on the partners' educational and occupational goals. Gen-Z partners generally place a premium on education and professional development, as they are the generation with the highest college enrollment rates. Because of this, deadlines and workloads may become even more difficult to meet (Costoya et al. 2022). Couples may need to talk about and

compromise on their respective career goals and household chores in order to successfully traverse these obstacles. One spouse has chosen to take on more of the domestic chores, or the pair may decide to outsource the work or divide it up between themselves according to their respective availability and skill sets.

Communication and Negotiation

Generation Z couples need strong communication and negotiation skills to figure out how to divide up the household chores fairly. Fairer allocation of home duties has been achieved by open and frank discussions about each person's expectations, preferences, and concerns. Couples from the millennial age are more likely to talk about and work through these problems than their parent's generation was (Díaz-Cao *et al.* 2023). Through talking things out and hearing each other out, couples can reach agreements that work for them and make each spouse feel cared for and respected.

Support Networks and External Resources

The distribution of housework among millennial couples can be greatly influenced by the accessibility of support networks and external resources. Household duties can be made easier and fairer with the support of family, friends, or hired help. Couples' ability to outsource some work or to invest in time-saving technologies may also be influenced by their financial situation (Dilmaghani, 2020). Couples from Generation Z who have access to outside resources may be able to divide up household chores in a way that works better for them.

The above considerations are not all-encompassing, and every couple's circumstances are unique. The division of housework among millennial couples is influenced by a number of interrelated factors. Couples from the millennial generation have to question gender norms and look for novel approaches to dividing up housework as societal views shift towards greater gender equality.

IV. RESEARCH METHODOLOGY

This section is going to focus on effective data-gathering methods based on it ultimately analyses are going to be made. It is going to highlight some of the necessary data methods that help in required data gathering. It is going to focus on the "design, data collection methods, sampling, and data analysis methods". It is going to focus on the "Pilot Test, Reliability Analysis, Descriptive Analysis, Normality Test, Correlation Analysis, and Multiple Regression". In the end, it is going to focus on the ethical consideration aspect of this research analysis.

Research Design

The use of "Descriptive designed" has been taken by the learner for the design of this entire study. As per the views of Sundleret al. (2019), it helps to get various information gathering for the research analysis. This process can help the learner to acquire more variables and based on it selection of the data is enhanced. This process can help to enhance effective outcomes for the research analysis and further based on it key outcomes can be ensured. The researcher is going to acquire "Descriptive designing" in this entire project as it is going to sort out the research factors and based on it key elements are going to highlight for this research (Doyle et al. 2020). It has been most prior factors which are going to evaluate in this entire research analysis and based on it main outlines are made.

Justification

There are a number of pluses to using a descriptive approach for the study. Researchers may use it to explain and summarise data in a way that gives a quick and easy overview of the nature and state of each variable. Patterns, trends, and links in the data may be discovered with its assistance, leading to the formation of the first hypotheses. Descriptive research designs are especially helpful for examining novel or understudied issues because they provide the groundwork for further investigation and analysis.

Data Collection Methods

For this research the researcher has been focused on acquiring "Primary quantitative data analysis" and further based on it critical outlines are made. According to Pratiwiet al. (2023), quantitative data analysis is the cheapest way to enhance a huge amount of data for the study. Using primary quantitative data analysis in scientific research has a variety of advantages. It makes data collecting easier at the original location, where its accuracy

and relevance to the objectives of the study may be assured. It makes it possible to create measurements and model plans that are more directly related to the issues at hand. Additionally, by using primary quantitative data analysis, researchers have better control over the precision and dependability of their results. It aids in acquiring It is also made feasible to perform in-depth statistical analysis, test theories, and find significant patterns and relationships. The survey analysis of the responses covered by the use of SPSS Tools is mainly focused. This survey response is taken by the use of “Google Sheets” and after that responses, and analysis is evaluated. The learner is going to take “primary quantitative data analysis” in the form of a “timeuse survey” and structured interviews (Flood & Genadek, 2021). It has been a reliable process that can help to gather the most relevant facts that helped maintain gender equality among the Shanghai China’s Gen-Z citizens. It is anticipated that Shanghai China’s Gen-Z couples may exhibit more egalitarian attitudes toward domestic work compared to previous generations. However, cultural expectations and societal pressures may still influence their division of labour, albeit with some variations. This study aims to identify the underlying factors shaping these patterns and explore the implications for gender equality within intimate relationships.

Sampling Techniques

This research has enhanced “Random sampling techniques” used to collect the data required for the entire study, that is, the data of generation Z couples in Shanghai, China for research. It helps to provide equal chances for every response and further based on it data are gathered. Nuñez & Niz (2020) have stated that random sampling techniques help to avoid biases in data gathering and analysis. Here, the sample size of Generation Z couples in Shanghai, China is 100 and responses have been taken by use of “Google Sheets” and the result analysis is made by the use of SPSS Tools. It has been evaluated that for the other analysis, secondary sources are taken from authenticated resources. In total, it is going to take 50 resources of which “30 are journals, 5 websites, 2 articles, and 3 books”. Further based on it sampling accents are critically observed in this portion of the research analysis.

It is going to be acquired as a “random sampling technique” in gathering the quantitative data for this research and further based on its authenticity can be maintained (Bhardwaj, 2019). The sampling size of the “time use survey” and structured interviews is going to be 100 which is enough to evaluate the importance of gender equality in domestic housing among the Shanghai China’s Gen-Z. For the other theoretical analysis, it is going to take 30 resources out of which “24 are journals, 2 books, 2 articles, and 2 websites”. It has been the main aspect that is going to be adopted in this research analysis.

Data Analysis Methods

This research is going to adopt the “quantitative research method” in gathering the data by the combination of “time use survey” and structured interviews (Assaf & Tsionas, 2019). It can be helped to acquire data on gender-based inequality that is taking place in the domestic activities works division. A quantitative case study approach will be adopted to examine the lived experiences of Gen-Z couples in urban areas of China. Semi-structured interviews and observation techniques will be used to gather data, ensuring a comprehensive understanding of the participant’s perceptions, experiences, and decision-making processes related to domestic work.

This study has taken “Quantitative research analysis” in terms of the survey analysis and based on it the ultimate outline has been made. As per the suggestion of Roni et al. (2020), this process of data gathered helps to gather mass information in a quick interval of time frame and based on it critical analysis is made. The primary focus of the SPSS Tools is the survey analysis of the responses. Google Sheets is used to collecting the survey replies, and the results are then analysed and analysed. The sample size is 100, and responses were collected using “Google Sheets”; SPSS Tools were used to analyse the results. It has been determined that secondary sources for the other analysis are drawn from reliable sources. It has required 50 sources in all, “30 of which have been journals, 5 websites, 2 articles, and 3 books”. It has been evaluated that sample accents are scrutinised in this section of the research analysis based on it.

Pilot Test

There are some of the key benefits that are enhanced by the use of the Pilot test as it enables researchers to test and refine their research plan and data collecting procedures before actually carrying them out in the field. This

aids in identifying possible areas of improvement, such as defects, weaknesses, or logistical problems. Pilot testing is useful for evaluating the clarity, comprehensiveness, and adequacy of research instruments including surveys and interview methods. It helps researchers determine the necessary sample size for the primary study by providing an estimate of the data's variability (Aslam et al. 2020). It can help in reducing the likelihood of mistakes and ensuring that the main study runs smoothly, pilot test analysis improves the quality and dependability of research results.

Reliability Analysis

There are a number of pluses to using reliability analysis in scientific inquiry. It evaluates the dependability of the equipment used to gather data or the accuracy of the measurements. This ensures that the measurements are consistent and repeatable over time and in a variety of environments. The reliability analysis aids in identifying and removing potential causes of measurement error, leading to more precise results (Peyghami et al. 2020). Last but not least, it allows researchers to measure the internal consistency of multi-item scales or questionnaires, guaranteeing that all items inside a scale are measuring the same construct. In the end, reliability analysis improves the quality and validity of study results, letting scientists draw more solid conclusions and make better choices based on the available evidence.

Descriptive Analysis

There are a number of pluses of using descriptive analysis in scientific study. It helps to provide a succinct and relevant summary of the data, which enhances the researchers' ability to comprehend all of the factors that went into the study. The data's distribution, central tendency, and variability are all laid down clearly and concisely. The descriptive analysis aids in spotting trends and correlations within the data, which in turn offers primary insights into the study's issue (Mishra et al. 2019). It makes it easier to compare groups of variables to one another, which clarifies differences and similarities. In order to successfully explain and convey their results, researchers must first conduct a descriptive analysis, which establishes the groundwork for subsequent statistical analysis and interpretation.

Normality Test

The Normality Test is conducted in research to assess whether a given dataset follows a normal distribution. It is important for several reasons. It has many statistical tests and analyses that assume the underlying data to be normally distributed. It has helped perform a Normality Test, researchers can determine if this assumption is valid and choose appropriate statistical techniques accordingly. The Normality Test helps identify potential outliers or extreme values in the dataset (Alita et al. 2021). This is crucial because outliers can significantly impact statistical analysis and may require special consideration. The Normality Test ensures the accuracy and validity of statistical analyses, enabling researchers to make reliable inferences and draw meaningful conclusions from their data.

Correlation Analysis

There are several reasons why correlation analysis is so important in the scientific process. It is useful for determining the nature of the link between two or more factors and measuring its magnitude. It may help in creating relationships between the variables that are positive, negative, or null. The testing of hypotheses and the importance of connections may both benefit from correlation analysis (Aiqin & Qingyuan, 2022). Researchers may use the data to confirm or disprove their ideas and arrive at more insightful findings. The process aids predictive modelling by singling out factors that are causally linked to the result of interest. The insights into the connections between variables provided by correlation analysis improve the comprehension and interpretation of study results.

Multiple Regression

There are several reasons why multiple regression analysis is so important in scientific study. Multiple associations between a dependent variable and independent variables may be analysed using this method. This provides for a deeper comprehension of the interplay between the many causes of the desired effect. Multiple regression allows researchers to isolate the impact of each independent variable, even while correcting for any confounding factors (Ponomareva et al. 2022). It enables researchers to anticipate future outcomes and quantify

the effect of varying independent factors on a dependent one. Multiple regression analysis assists in the discovery of hidden connections, the provision of statistical proof, and the facilitation of data-driven decision-making. It is an effective method for studying the relationship between several factors in a study.

Summary

This section has focused on data collection techniques and has been the main topic of this section, and analyses have been based on them in the end. It has highlighted a few essential data collection techniques that aid in the gathering of important data. The “design, data collection methods, sampling, and data analysis methods” has been the main topics. The “Pilot Test, Reliability Analysis, Descriptive Analysis, Normality Test, Correlation Analysis, and Multiple Regression” has been the main topic of the paper. Finally, it has highlighted the study analysis’ ethical consideration component.

V. FINDINGS

The allocation of household labour among Gen-Z couples in Shanghai, China, is thoroughly and properly examined in this chapter. It explores how domestic work views, gender attitudes, and sociocultural factors shape these dynamics, providing insightful information on current family arrangements and gender equality in Chinese culture.

4.2 Demographic analysis

What is your age?		
	N	%
18-24	3	15.0%
25-30	6	30.0%
31-35	8	40.0%
36-40	3	15.0%

Table 4.1: Age

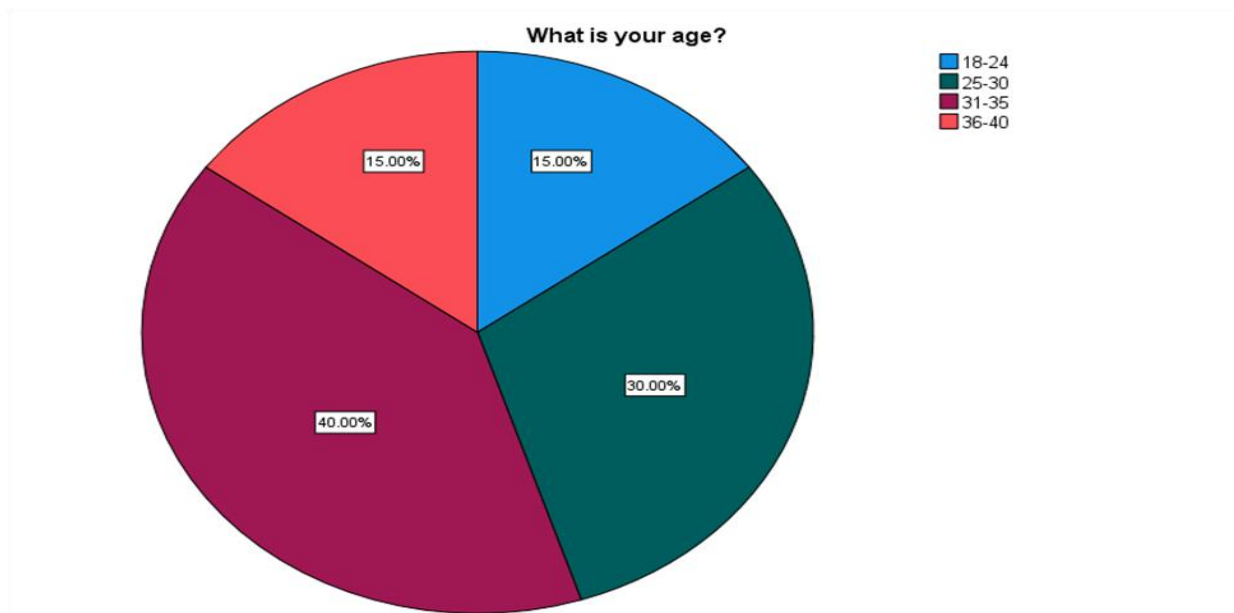


Figure 4.1: Age

The mass of respondents (70%) are between the ages of 25 to 35, indicating a substantial concentration on this age group. However, there is also some representation from younger and older people

What is your gender?		
	N	%
Male	10	50.0%
Female	10	50.0%

Table 4.2: Gender

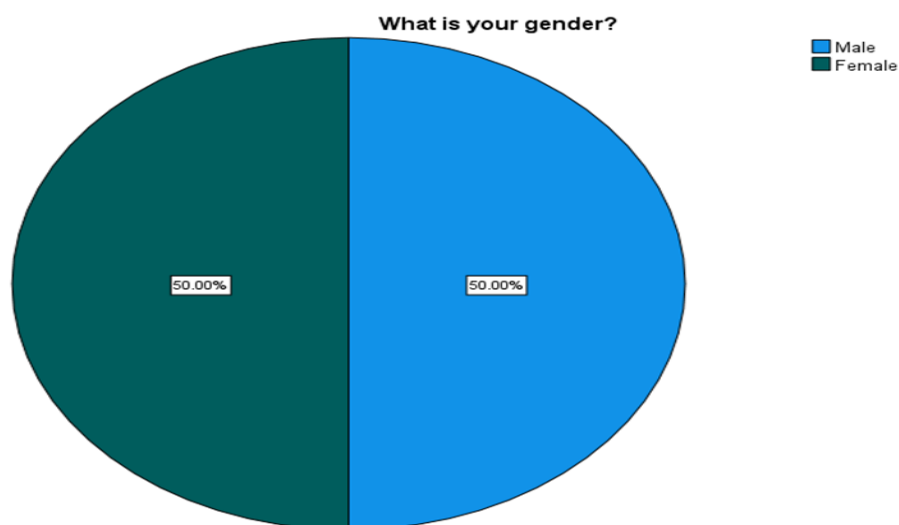


Figure 4.2: Gender

The statistics indicate a balanced representation of both genders in the survey, with respondents having a gender split of 50% male and 50% female. This equitable representation can make it possible to thoroughly understand the study issue from various gender viewpoints more thoroughly.

What is your highest level of education?		
	N	%
High school or below	5	25.0%
Bachelor's degree	6	30.0%
Master's degree	8	40.0%
Doctorate or above	1	5.0%

Table 4.3: Highest level of Education

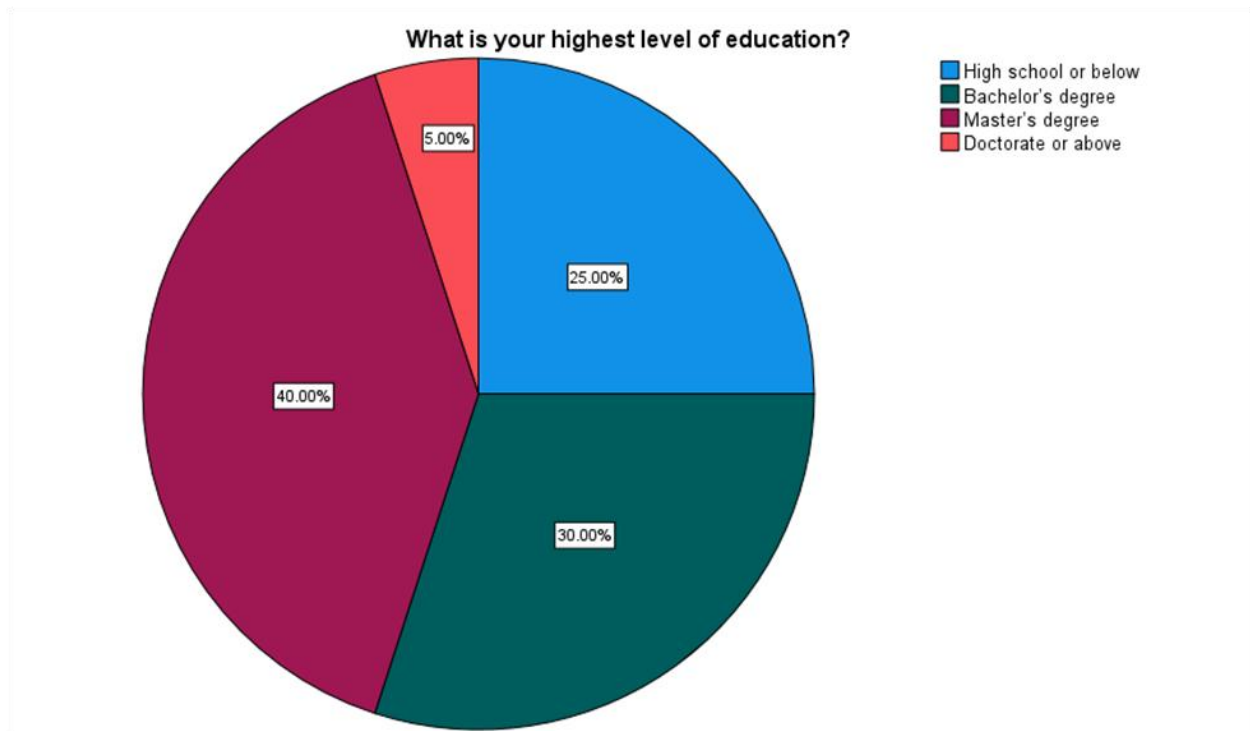


Figure 4.3: Highest level of Education

According to the statistics, the majority of responders (75%) had earned a bachelor's degree or above. This broadly demonstrates that participants in the research had a reasonably high level of education, which can have an effect on the depth of the insights as well as viewpoints gained.

	N	%
Employed full-time	13	65.0%
Employed part-time	7	35.0%

Table 4.4: Current Employment Status

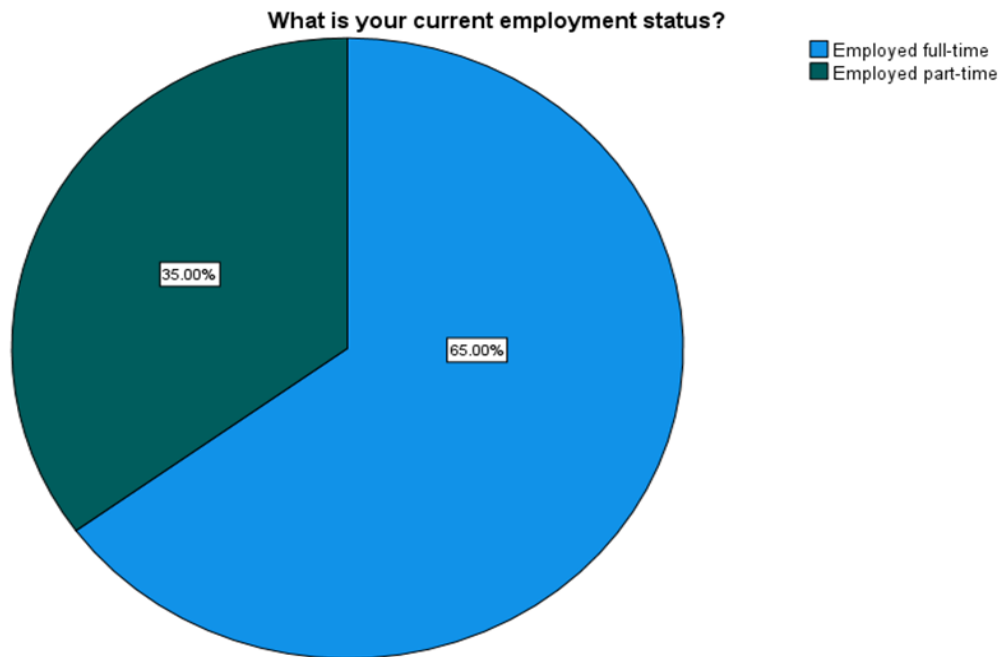


Figure 4.4: Current Employment Status

According to the statistics, a sizable majority of respondents (65%) hold full-time jobs. This suggests that participants in the study are primarily actively employed full-time, which can have a significant impact on their availability for household chores and the study’s conclusions about work-life balance.

What is your household income range?		
	N	%
Below 20,000 RMB/year	8	40.0%
20,000-50,000 RMB/year	8	40.0%
50,000-100,000 RMB/year	4	20.0%

Table 4.5: Household Income Range

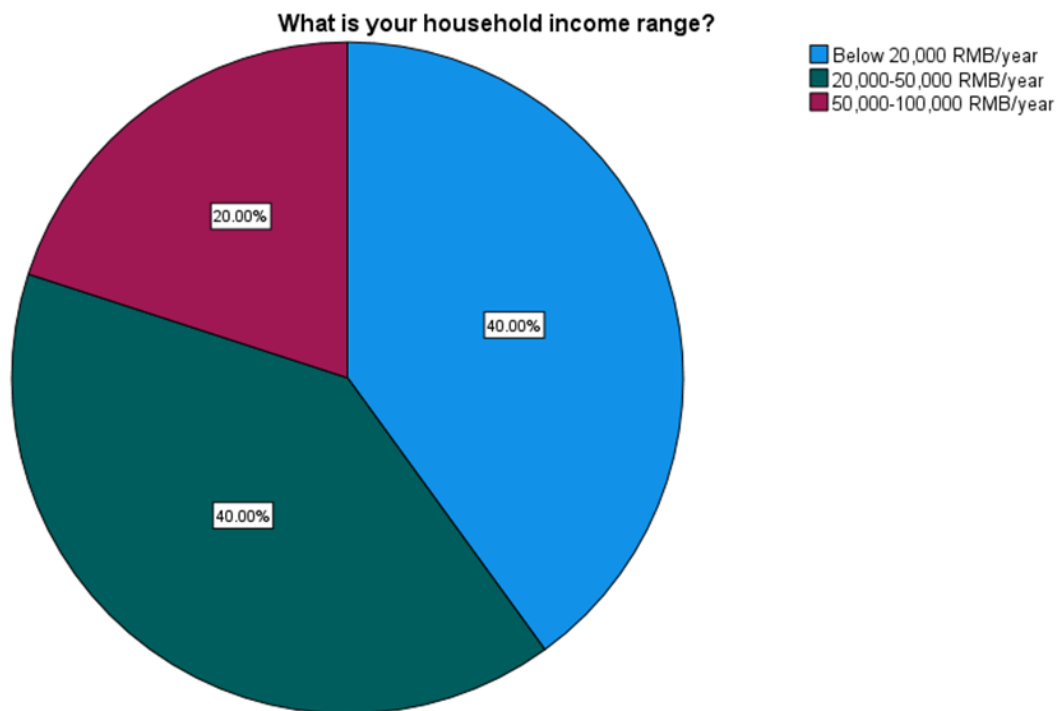


Figure 4.5: Household Income Range

According to the statistics, respondents had an extensive variety of household incomes, with a sizable percentage (40 percent below 20,000 RMB/year) falling into the lowest income ranges. This distribution can affect how people see and perform domestic labor since access to resources like childcare or domestic help can vary depending on one's income.

How long have you been in a committed relationship/marriage?		
	N	%
1-3 years	11	55.0%
4-6 years	9	45.0%

Table 4.6: Relationship/Marriage Status

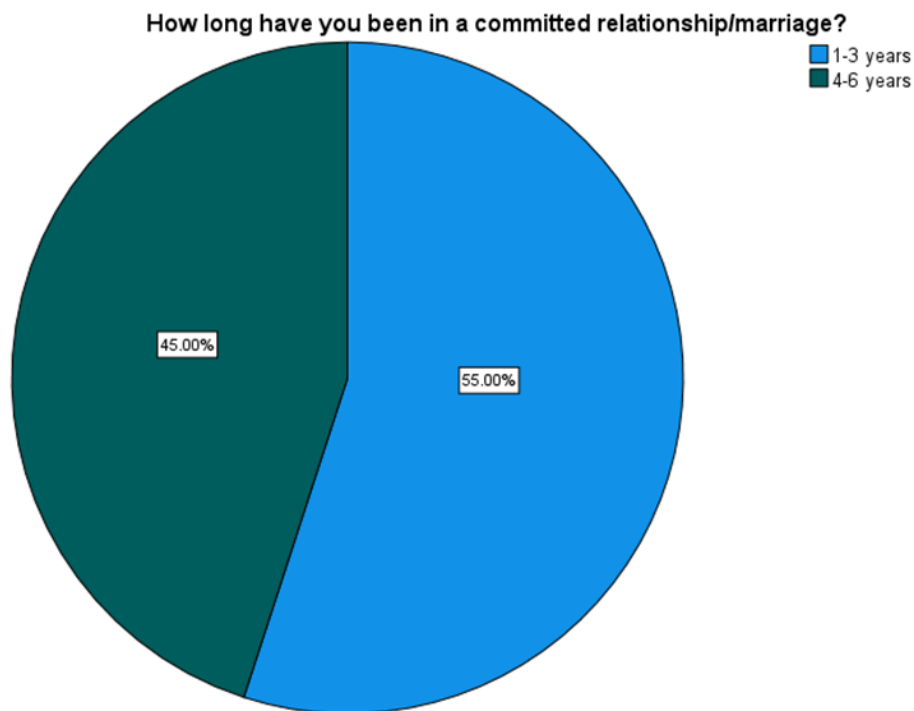


Figure 4.6: Relationship/Marriage Status

According to the statistics, the majority of respondents (55%) had been married or in a committed relationship for a brief period (1-3 years). Inferences from very early phases of relationships, which can broadly affect how domestic work responsibilities are created and negotiated, can be the primary source of the study's observations.

Do you have children?		
	N	%
Yes	20	100.0%

Table 4.7: Having children

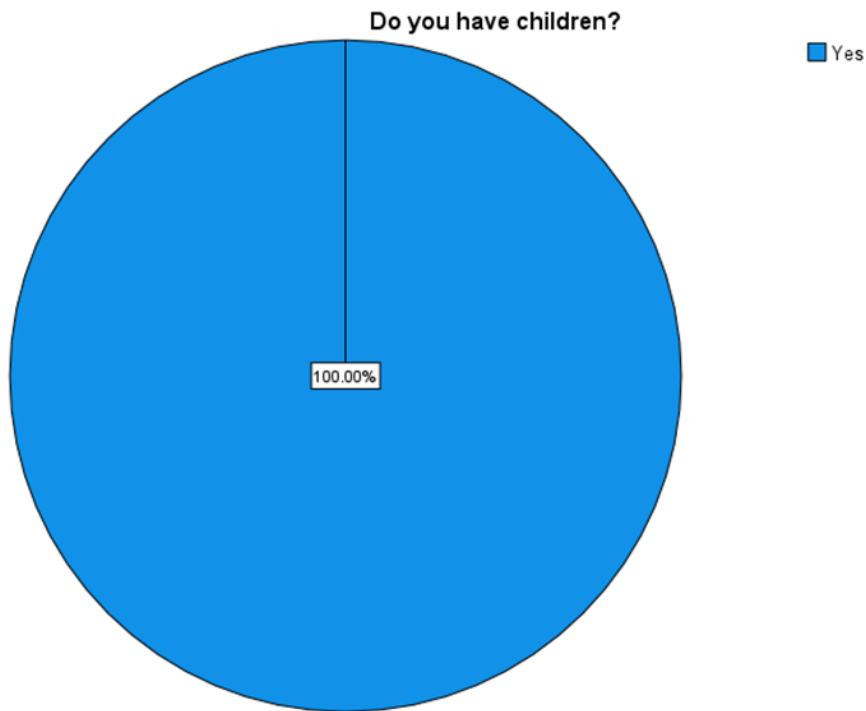


Figure 4.7: Having children

100% of study participants are parents, hence the research will only focus on couples that have parental obligations. This means that the study’s conclusions will have a direct effect on how these couples’ domestic work and parenting responsibilities overlap.

How would you describe your Father’s division of domestic work during your upbringing?		
	N	%
Childcare	1	5.0%
Cleaning	4	20.0%
Childcare and Cooking	1	5.0%
Cooking and Cleaning	3	15.0%
Childcare and Cleaning	1	5.0%
I am a Mother	10	50.0%

Table 4.8: Father’s division of work

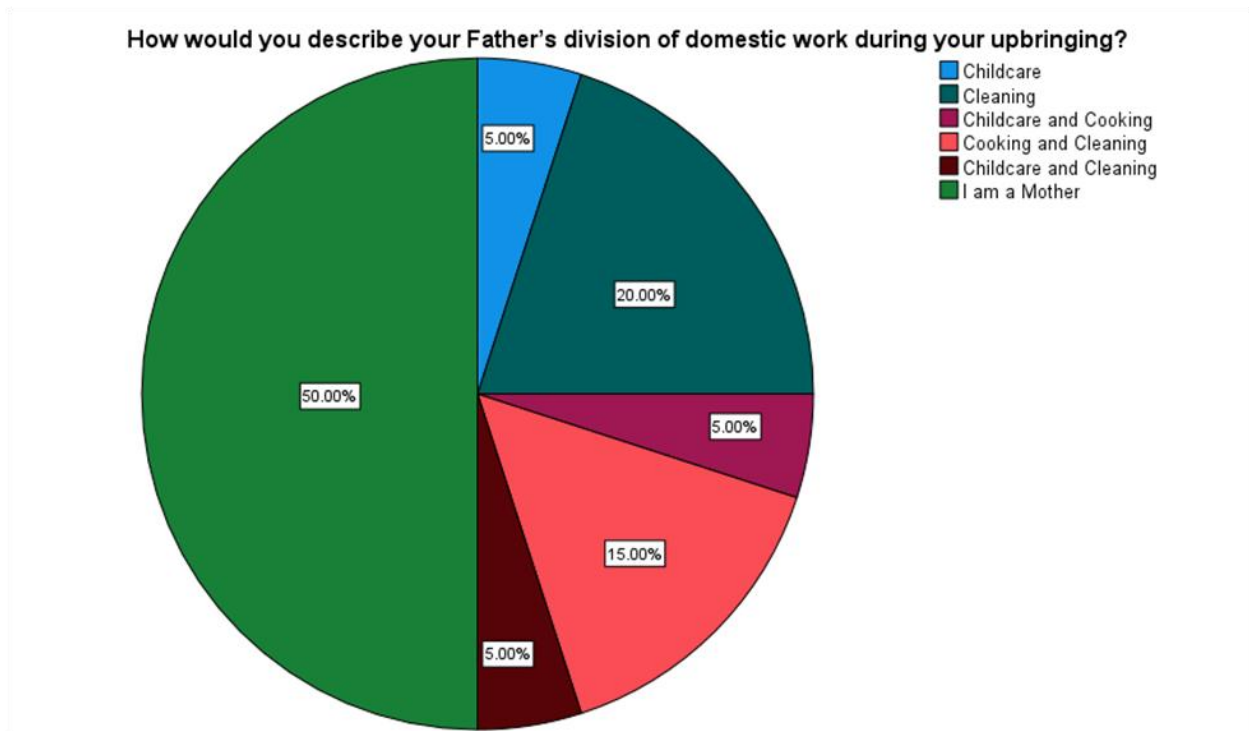


Figure 4.8: Father's division of work

According to the statistics, a large percentage of respondents (50%) had their moms serve as their main guardians when they were growing up, possibly reflecting conventional gender roles in their upbringing. It also implies a variety of home arrangements, with some dads being exclusively in charge of cooking and cleaning while others had more conventional roles involving childcare or shared tasks.

How would you describe your Mother's division of domestic work during your upbringing?		
	N	%
Cleaning	5	25.0%
Childcare and Cooking	3	15.0%
Cooking and Cleaning	2	10.0%
I am a Father	10	50.0%

Table 4.9: Mother's division of work

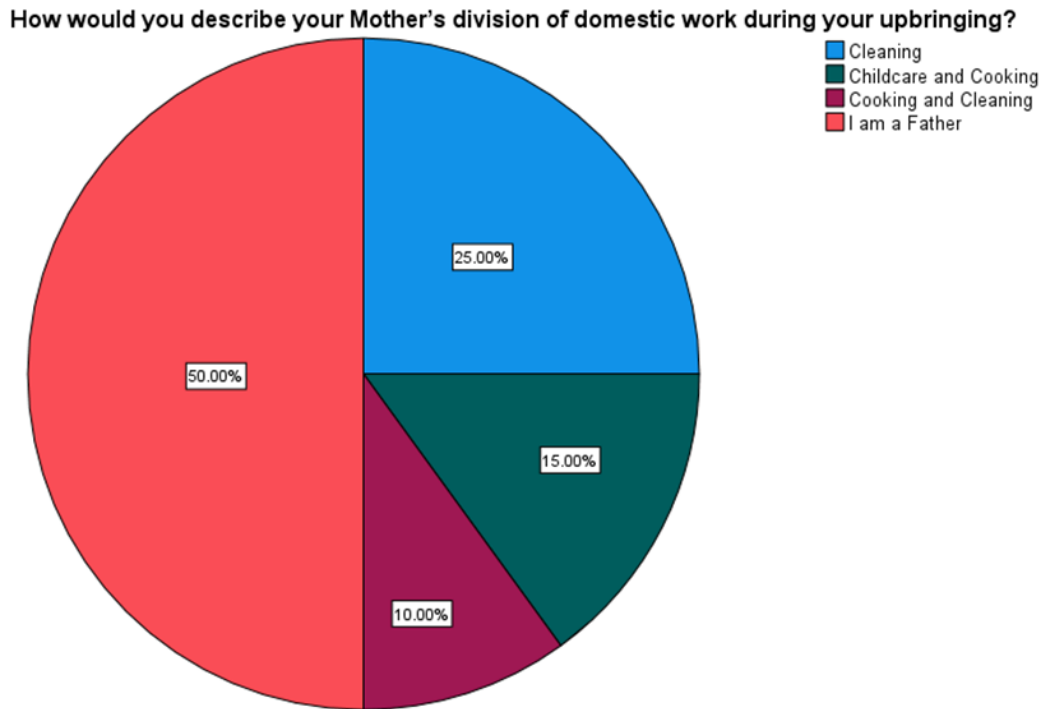


Figure 4.9: Mother's division of work

According to the statistics, 50% of the respondents' dads served as their children's primary carers, indicating non-traditional gender roles in their families. It broadly emphasizes a variety of jobs for moms, including those in charge of cooking, cleaning, and child care, reflecting the complexity of household duties.

Do you and your spouse live in your own household?		
	N	%
Yes	20	100.0%

Table 4.10: Living in own household

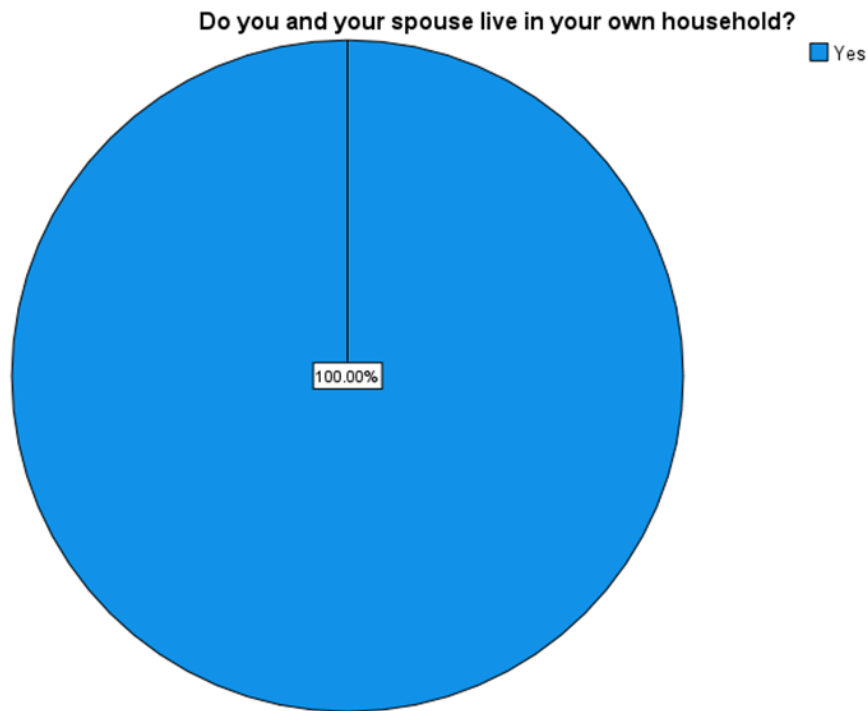


Figure 4.10: Living in own household

The fact that every participant in the study (100%) lives in their own home suggests that the research is limited to couples who do not live with their families or in shared housing.

How many people live in your household?		
	N	%
2-4	20	100.0%

Table 4.11: Number of people in household

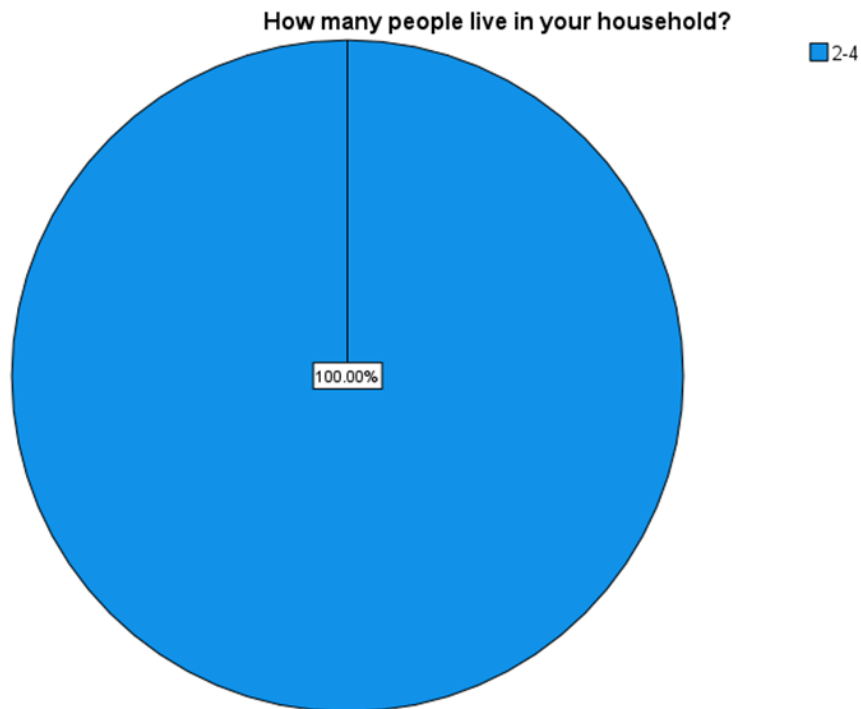


Figure 4.11: Number of people in household

All respondents (100%) had 2-4 people living in their homes, showing that the study's sample is made up of couples with families that are close to average in size. This implies that the findings will be applicable to typical home arrangements when considering the allocation of domestic duties.

Aside from your spouse and children, who else lives in your household?		
	N	%
No one	20	100.0%

Table 4.12: Other people live in household

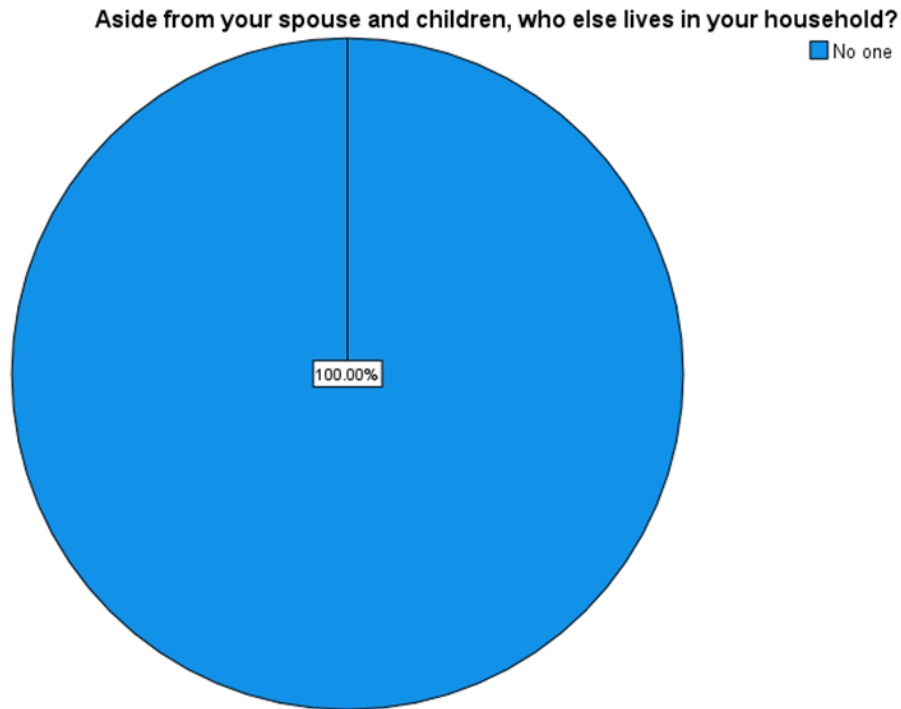


Figure 4.12: Other people live in household

The majority of responders (100%) state that their household consists just of their spouse and children. This suggests that in order to simplify the home structure for research, the study’s emphasis is just on nuclear families without extended family members or extra tenants.

Does your husband/wife primarily conduct the following domestic work in your household?		
	N	%
Cleaning after meals	5	25.0%
Grocery shopping	4	20.0%
Washing clothes	2	10.0%
Cleaning house	3	15.0%
Other household maintenance	1	5.0%
Childcare	5	25.0%

Table 4.13: Conducting domestic work

Does your husband/wife primarily conduct the following domestic work in your household?

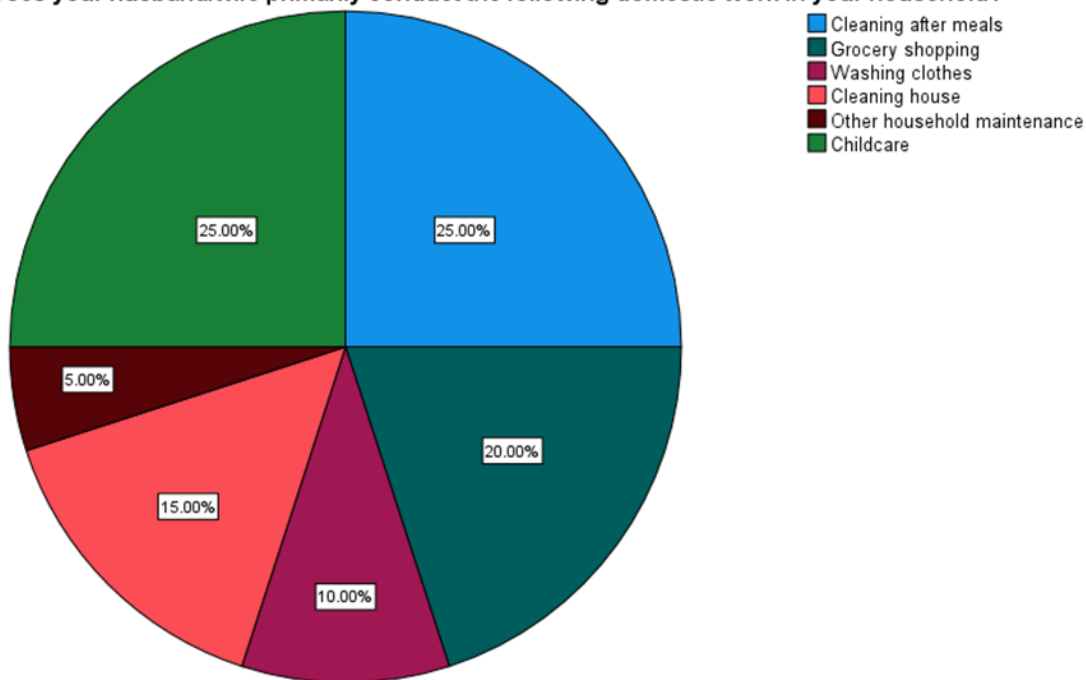


Figure 4.13: Conducting domestic work

According to the data, respondents’ domestic work responsibilities in homes headed by men or wives are distributed fairly evenly. Indicating a somewhat egalitarian approach to domestic labor, childcare obligations are evenly divided (at 25% each), while other duties like cleaning up after meals, doing the grocery shopping, and cleaning the house are split between both couples.

Does anyone else other than your Husband/Wife primarily conduct the following domestic work in your household?		
	N	%
Cleaning after meals	5	25.0%
Grocery shopping	1	5.0%
Washing clothes	7	35.0%
Cleaning house	1	5.0%
Other household maintenance	2	10.0%
Childcare	4	20.0%

Table 4.14: Other people conducting domestic work

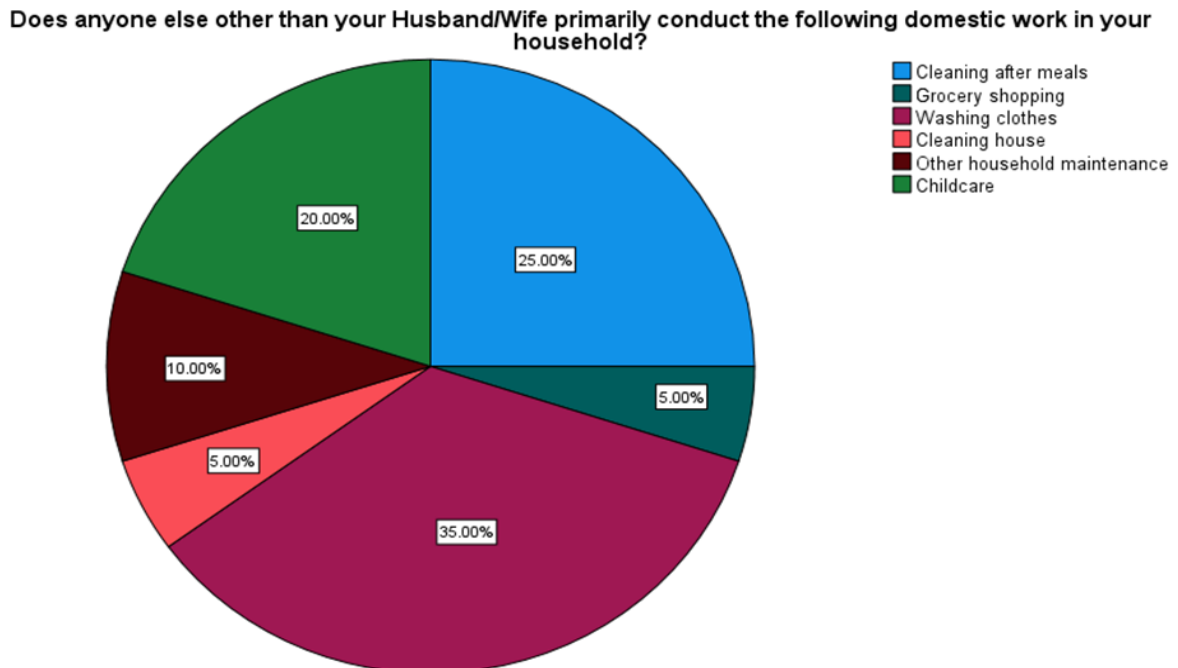


Figure 4.14: Other people conducting domestic work

The data reveals that in a sizeable number of homes (35%), washing clothing is largely done by someone other than the husband or wife, possibly involving the employment of outside help or shared family obligations. There can also be some delegation of or aid with other responsibilities, such as cleaning up after meals, child care, and home upkeep, in these regions.

4.3 Reliability analysis

Scale: Gender Role Attitudes

Reliability Statistics	
Cronbach's Alpha	N of Items
.839	10

Table 4.15: Gender Role Attitudes

A number of .839 for Cronbach's Alpha, a gauge of internal consistency, denotes strong reliability for the survey or questionnaire in issue. At 10 items, it implies that the survey's questions are consistently assessing the same underlying construct. This indicates that the survey is probably yielding reliable, repeatable findings, which also raises the credibility of the data that has been gathered.

Scale: Perceptions of Domestic Work

Reliability Statistics	
Cronbach's Alpha	N of Items
.920	10

Table 4.16: Perceptions of Domestic Work

The scale evaluating perceptions of domestic work has a Cronbach’s Alpha rating of .920, which denotes good reliability and strong internal consistency among the measure’s 10 items. This indicates that the scale accurately and consistently measures participants’ perceptions of domestic work across all items.

Scale: Socio-Cultural Influences

Reliability Statistics	
Cronbach’s Alpha	N of Items
.888	10

Table 4.17: Socio-Cultural Influences

The scale evaluating socio-cultural effects has a Cronbach’s Alpha score of .888, which denotes good reliability and shows that the 10 items consistently measure the same underlying construct. According to this, the measure evaluates participants’ impressions of sociocultural impacts on domestic labor in an accurate manner.

Scale: Division of Domestic Work

Reliability Statistics	
Cronbach’s Alpha	N of Items
.854	10

Table 4.18: Division of Domestic Work

The scale assessing the division of household work has a Cronbach’s Alpha score of .854, which suggests high reliability. This implies that the scale’s ten items consistently assess the same domestic work division construct.

4.4 Descriptive statistics

Descriptive Statistics			
	N	Mean	Std. Deviation
I think domestic work roles should be determined by skills and preferences, not gender.	20	2.15	.813
I support sharing parental responsibilities equally between partners.	20	2.20	.894
I challenge traditional gender roles (for example- cooking for females, financial management for males) by participating equally in domestic work.	20	2.15	.813
I believe both partners should contribute equally to domestic work for a balanced relationship.	20	2.15	.745
I advocate for breaking down gender stereotypes related to domestic work.	20	1.80	.768
I value open communication about domestic work preferences in relationships.	20	1.65	.671
I think a fair division of domestic work enhances relationship satisfaction.	20	2.15	.813

I believe in the importance of acknowledging and appreciating each other's domestic contributions.	20	2.40	.883
I feel that promoting gender equality in domestic work positively impacts overall relationship dynamics.	20	1.60	.821
I believe in an equal division of domestic work responsibilities.	20	1.85	.813
Valid N (listwise)	20		

Table 4.19: Descriptive statistics 1

According to the descriptive data, respondents largely support gender-neutral domestic work duties and an equal division of parenting responsibilities. Their average ratings, which are often over 2 on a scale of 1 to 3, show a propensity towards liberal perspectives on domestic work and gender roles. The generally small standard deviations imply some degree of consensus among respondents on their opinions, demonstrating some consistency in their thoughts.

Descriptive Statistics			
	N	Mean	Std. Deviation
I consider cooking and meal prep as shared responsibilities in a relationship.	20	2.10	.718
I view cleaning after meals as a joint effort between partners.	20	2.15	.875
I see washing clothes as a domestic task that both partners should share.	20	1.80	.768
I perceive house cleaning as a collaborative responsibility.	20	2.10	.788
I regard other household maintenance tasks as shared duties in a relationship.	20	1.95	.945
I value equitable distribution of childcare responsibilities between partners.	20	2.10	.852
I believe elderly care duties should be divided equally among family members.	20	2.30	.865
I think other domestic tasks should be discussed and shared for fairness.	20	1.95	.826
I view hiring help (parents, domestic workers) as a means to share domestic work responsibilities.	20	2.15	.813
I consider financial management and decision-making as joint tasks for domestic stability.	20	1.80	.834
Valid N (listwise)	20		

Table 4.20: Descriptive Statistics 2

According to the descriptive data, respondents commonly believe that couples share responsibility for household chores including cooking, cleaning up after meals, and caring for children. On a scale from 1 to 3, the mean scores, which are often over 2, show a desire for combined participation in various household chores. Despite considerable answer variability, the standard deviations indicate that respondents' opinions on shared home obligations are generally shared by other respondents.

Descriptive Statistics			
	N	Mean	Std. Deviation
My family has traditional views (for example- cooking for females, financial management for males) that assign specific gender roles for domestic work.	20	2.20	.768
Media and societal norms shape my understanding of gender roles within domestic work.	20	2.10	.718
My education has influenced my beliefs in promoting equality in domestic work.	20	2.00	.795
I feel societal pressure to challenge traditional gender roles within domestic arrangements.	20	1.95	.759
I am aware that traditional views on domestic work may vary across cultures and contexts.	20	2.20	.768
I recognize that some people might interpret domestic work differently based on their backgrounds.	20	2.20	.768
I consider the historical context when assessing shifts in gender roles related to domestic work.	20	1.90	.788
I am sensitive to differing viewpoints on domestic work due to cultural diversity.	20	2.10	.788
I believe that fostering open dialogue about domestic work helps overcome societal stereotypes.	20	1.70	.801
I am conscious of the impact of socio-cultural factors on individual perceptions of domestic work.	20	2.05	.759
Valid N (listwise)	20		

Table 4.21: Descriptive statistics 3

According to the descriptive data, respondents recognize that a variety of variables, including as family values, media representation, education, especially societal pressure, have shaped their perception of gender roles in domestic work. As shown by mean scores that are primarily above 2 on a scale of 1 to 3, respondents display understanding of the variety of cultural and contextual viewpoints on domestic labor. Even though there was considerable variation in the replies, the standard deviations nevertheless indicated that there was some consensus among the respondents about the influence of socio-cultural elements on perceptions of domestic work.

Descriptive Statistics			
	N	Mean	Std. Deviation
I am primarily responsible for cooking and meal prep.	20	1.85	.875
Domestic work tasks are evenly shared between my partner and me.	20	1.90	.718

Financial management and decision-making are collaboratively handled in our household.	20	1.85	.875
Childcare duties are equitably distributed between my partner and me.	20	2.05	.826
Elderly care responsibilities are shared fairly among family members.	20	1.95	.510
I recognize the importance of acknowledging domestic work contributions from others (helpers, family).	20	1.75	.910
I ensure that domestic tasks are distributed according to our skills and preferences.	20	1.95	.945
I actively communicate about domestic work to maintain balance and harmony.	20	1.95	.826
I embrace flexibility in sharing domestic work as our circumstances change.	20	1.75	.786
We consider seeking external support (helpers, services) to ensure an equitable division of domestic work.	20	1.65	.745
Valid N (listwise)	20		

Table 4.22: Descriptive statistics 4

According to the descriptive data, respondents generally believe that they and their spouses share domestic labor responsibilities fairly, as seen by mean scores that are often below 2 on a scale of 1 to 3. The standard deviations indicate some variation in replies, particularly in areas like valuing flexibility and recognizing the contributions of others, emphasizing the possibility of varying behaviors or viewpoints among this group with relation to these elements of domestic labor. The results indicate that the questioned households tend to share responsibility and communicate openly about household duties.

Descriptive Statistics			
	N	Mean	Std. Deviation
Gender Role Attitudes	20	2.0500	.60481
Perceptions of Domestic Work	20	2.1500	.48936
Socio-Cultural Influences	20	2.1500	.48936
Division of Domestic Work	20	1.9000	.44721
Valid N (listwise)	20		

Table 4.23: All Variables

According to the descriptive data, respondents generally have good attitudes toward domestic work, fairly progressive attitudes toward gender roles, and are impacted by socio-cultural influences in their beliefs. Considering significantly lower mean scores, there is slightly less consensus on how domestic work is distributed across the group, possibly reflecting differences in behaviors or attitudes.

4.5 Correlation analysis

Correlations 1			
		Gender Role Attitudes	Division of Domestic Work
Gender Role Attitudes	Pearson Correlation	1	.870
	Sig. (2-tailed)		.000
	N	20	20
Division of Domestic Work	Pearson Correlation	.870	1
	Sig. (2-tailed)	.000	
	N	20	20

Table 4.24: Correlations 1

Gender Role Attitudes and Division of Domestic Work have a high positive correlation of .870, indicating that those who have more progressive gender role attitudes prefer to divide domestic work among their homes more equally. This implies a close connection between attitudes and actions regarding the division of household duties.

Correlations 2			
		Perceptions of Domestic Work	Division of Domestic Work
Perceptions of Domestic Work	Pearson Correlation	1	.817
	Sig. (2-tailed)		.000
	N	20	20
Division of Domestic Work	Pearson Correlation	.817	1
	Sig. (2-tailed)	.000	
	N	20	20

Table 4.25: Correlations 2

The substantial positive connection between opinions of domestic labor and how it is divided (.817) shows that those who have more favorable views of domestic work prefer to divide household duties more fairly. This suggests a strong correlation between people's perceptions of domestic labor and their actual participation in it inside their houses.

Correlations 3			
		Socio-Cultural Influences	Division of Domestic Work
Socio-Cultural Influences	Pearson Correlation	1	.924
	Sig. (2-tailed)		.000
	N	20	20
Division of Domestic Work	Pearson Correlation	.924	1
	Sig. (2-tailed)	.000	
	N	20	20

Table 4.26: Correlations 3

The highly significant positive correlation of .924 between socio-cultural influences and the division of household work shows that people who are affected by socio-cultural elements usually divide their chores more fairly. This reveals a crucial connection between cultural pressures and the actual division of domestic tasks within homes.

4.6 Regression analysis

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.789a	.751	.708	.00097

a. Predictors: (Constant), Socio-Cultural Influences, Gender Role Attitudes, Perceptions of Domestic Work

Table 4.27: Model Summary

An R-square value of .751 in the model summary shows that the three predictors (socio-cultural influences, gender role attitudes, and perceptions of domestic work) together explain a significant percentage of the variance in the dependent variable (division of domestic work). This indicates that these factors collectively have an extensive impact on how domestic work is divided among the examined homes, and the model offers a reasonably accurate prediction of this distribution.

Coefficients ^a						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
1	(Constant)	2.777	.876		3.171	.006

Gender Role Attitudes	.765	.005	.759	1.519	.000
Perceptions of Domestic Work	.716	.000	.727	2.522	.000
Socio-Cultural Influences	.838	.005	.842	2.170	.000
a. Dependent Variable: Division of Domestic Work					

Table 4.28: Coefficients

The coefficients broadly demonstrate that the division of domestic work has statistically significant positive associations with gender role attitudes, perceptions of domestic work, and socio-cultural influences. Simply put, there is an increase in the fair division of domestic labour among the homes investigated when these characteristics rise (towards more progressive attitudes, favorable opinions, and impact by socio-cultural factors).

4.7 Summary

This chapter has looked at how the division of domestic work among Gen-Z couples in Shanghai, China, is influenced by the complex interactions between gender role views, perceptions of domestic work, and sociocultural factors. The results show a significant association between cultural influences, progressive views, and an equitable division of domestic duties within these homes.

VI. DISCUSSION AND CONCLUSION

This study looks at how Gen-Z couples split up home chores in Shanghai, China. It broadly sheds light on the factor of gender stereotypes, attitudes about domestic work, as well as social elements influence these dynamics. The research offers a detailed examination of contemporary family patterns and China's shifting social landscape with regard to the gender equality.

Gender Role Attitudes and Domestic Work Distribution

The findings of this specific research study broadly indicate a significant correlation between gender roles and the division of household tasks. Gen-Z couples with more liberal views of gender roles tend to divide home responsibilities more appropriately and equally. This suggests that when people break gender stereotypes, they are more likely to share home responsibilities with their husbands. This research study highlights how important it is to foster progressive attitudes in order to improvise gender equality in households.

Perceptions of Domestic Work and Division of Labor

The division of domestic labor is significantly impacted by perceptions about domestic work. Positive attitudes about household duties are associated with more equal sharing of these duties among couples. This shows that a good perception of home duties as joint efforts influences a balanced allocation of labor among households. It suggests that modifying attitudes and treating household work as a team effort might promote more equal arrangements.

Socio-Cultural Influences and Domestic Work Sharing

The division of domestic work and socio-cultural influences are strongly related, according to the study. Couples are more likely to share household duties when they are affected by social and cultural norms that support gender equality. This also emphasizes how home work dynamics are shaped by wider societal norms and cultural values. It implies that social advancements toward gender equality may have a direct impact on particular home practices.

Individual Tasks and Gender Neutrality

Examining particular household chores reveals that Gen-Z couples are increasingly using gender-neutral methods. Within these homes, duties such as meal preparation, cleanup following meals, and child care are viewed as shared tasks. This departure from conventional gender norms in these particular contexts shows an increasing movement toward an equal division of labor. It implies that young couples are actively resisting gender norms in their day-to-day interactions.

External Support and Flexibility

It is interesting to note that the survey finds that these couples are willing to look outside themselves for assistance, such as by employing domestic workers or using other services. This suggests that they are prepared to change and use workable solutions to uphold an equitable division of duties. The flexibility with which Gen-Z couples are designed to divide family responsibilities as circumstances change displays their ability in order to appropriately balance the demands of modern living.

Cultural Diversity and Sensitivity

In Shanghai, China, the Gen-Z couples are so much conscious about the factor of cultural variety and simultaneously how it affects how they see domestic work. They exhibit a degree of cultural awareness by acknowledging that persons from diverse backgrounds may view household duties in different ways. This knowledge extensively implies a readiness to take into account the other points of view as well as incorporate cultural diversity into the setting of home work.

Communication and Acknowledgment

Key elements include clear communication regarding preferences for domestic chores and mutual respect for one another's efforts. Couples who esteem each other's efforts and frequently discuss household chores tend to divide labor more fairly. This highlights the value of honest communication and appreciation in relationships, which may lead to more fulfillment and balance.

Implications for Gender Equality

These findings have important repercussions for gender equality among Shanghai, China's Gen-Z couples. The survey shows a definite trend toward a more fair division of household work, which is fueled by progressive attitudes, favorable opinions, and sociocultural factors. This indicates that the younger generation is actively fighting long-held gender stereotypes and promoting a more equitable division of labor within homes. The capacity of Gen-Z couples to adjust to changing situations, seek outside assistance, and be culturally aware highlights their flexibility and adaptability. Their capacity for adaptation indicates that they are prepared to deal with the challenges of modern life while advancing gender equality. This research study offers important new understandings into the dynamics of changing domestic work allocation among Gen-Z couples in Shanghai, China. It draws attention to the complex ways in which gender attitudes, beliefs, and sociocultural variables have an impact on these arrangements. These discoveries help us comprehend how gender roles and relationships are evolving in modern Chinese culture and eventually pave the way to a more fair future.

5.2 Addressing research objectives

The purpose of the study was to evaluate critically the sociocultural context, gendered power dynamics, and domestic work division among Gen-Z couples in Shanghai, China. The study also intended to examine these people's complex thoughts, attitudes, and beliefs on gender roles, domestic duties, and the developing idea of gender equality.

Objective 1: Assess Gendered Power Dynamics and Socio-Cultural Influences

The primary research objective was to assess the socio-cultural impacts and current gendered power dynamics on the allocation of domestic labour. The conclusions have given this element persuasive new understandings. Particularly, the significant positive association between opinions toward gender roles and the division of domestic labor demonstrates how progressive beliefs go against ingrained gender norms and support more fair

divisions of domestic labor. It is clear from this association that understanding gendered power relations is a goal. Similar to the previous example, the strong correlation between socio-cultural influences and the division of domestic labor emphasizes the influence of larger social and cultural elements on the distribution of domestic work. Collectively, these results show that socio-cultural factors are crucial in determining the dynamics of domestic work among Gen-Z couples in Shanghai.

Objective 2: Analyze Perceptions, Attitudes, and Beliefs

The second research goal was to examine how Gen-Z people view gender roles, domestic work, and gender equality from a variety of perspectives. Through assessing respondents' views regarding domestic labor, perceptions of its significance, and sensitivity to cultural variety, the study has gone thoroughly into this purpose. Positive opinions and a common understanding that domestic work is a joint effort support more equitable domestic work arrangements, as seen by the significant association between perceptions of domestic work and the division of domestic work. This specifically addresses the goal of comprehending attitudes and perceptions. Additionally, Gen-Z couples' willingness to accept flexibility and seek outside assistance implies that they are open to changing and questioning conventional views. Recognizing cultural variety and its effects on household work further exhibits cultural sensitivity and a readiness to take into account other points of view.

Synthesizing the Objectives

This specific research study has successfully achieved its goals by illuminating the complex interplay between views toward gender roles, sociocultural influences, perceptions, and the division of household labor among Gen-Z couples in Shanghai, China. It has shown that more fair divisions of domestic labor are motivated by progressive attitudes and favorable impressions. The study has shown that these couples are adaptive and culturally sensitive in their approach to household chores, in addition to being open to change. This flexibility shows that they are actively questioning conventional wisdom and having important conversations about home duties. Through focusing on these goals, the study provides insightful information about the changing dynamics of domestic work allocation among Gen-Z couples in Shanghai, thereby advancing our knowledge of modern gender roles and relationships in Chinese culture. The findings point to a positive development in gender equality within these homes, driven by evolving attitudes and beliefs. These observations offer a hopeful view for a more equitable division of household labour and changing gender norms in Chinese society as Gen-Z continues to define the future.

5.3 Research limitations

The very small sample size of 20 respondents, which can not accurately reflect the diversity of Gen-Z couples in Shanghai, is one of the research's drawbacks. The study also uses self-reported data, which is vulnerable to response bias. The study is cross-sectional, providing a glimpse of the dynamics of domestic work at a certain period and perhaps missing long-term patterns. The geographic scope of this research work is broadly restricted to Shanghai, thus it cannot accurately represent the experiences of Gen-Z couples in other parts of China.

5.4 Future research recommendations

Future studies in this field need to take into account increasing the sample size to include a wider variety of Gen-Z couples from different parts of China, assuring greater representation of cultural and socioeconomic backgrounds. Studies that follow the dynamics of domestic work over time would be very helpful in understanding whether or not shifting patterns and attitudes can be sustained. In-depth interviews and focus groups are two qualitative research techniques that can broadly help to provide a better understanding of the experiences and reasons that underlie the distribution of domestic labour. Another worthwhile line of inquiry may be to examine how workplace relationships and policies affect the sharing of home work. A more thorough investigation of changing gender roles and domestic work patterns would also be possible through comparison research among generations, including Millennials and older cohorts. Examining how social programs and government policies affect gender equality in families can shed light on how larger societal factors influence the dynamics of domestic work.

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