



## The Role of Training and Family Dynamics in Requesting Help with Housework and Childcare

- Following training, more likely men agreed that other family members should help the woman with housework.
- After training, the help women received with childcare decayed.
- It is possible that training did not adequately prepare women to vocalize the need for help in their households, or they may have tried without success.

These graphs are regressions of the treatment effects on “Other family members should help the woman with housework” and “How often do other members of your family (for example, husband, parents, or in-laws) help with childcare?” as the dependent variables, and training and standard demographic controls as the independent variables.

“Other family members should help the woman with housework” is measured on a 5-point scale of strongly disagree to strongly agree. A higher number indicates more agreement with the statement. “How often do other members of your family (for example, husband, parents, or in-laws) help with childcare?” is measured on a 5-point scale of never to always. Analysis is limited to female participants. A higher number indicates increased frequency.

Training impacted men’s response to “Other family members should help the woman with housework,” resulting in more agreement over time. Women were minimally impacted but had already reported a high level of agreement with this statement during the baseline assessment.

Training taught women to advocate for themselves in the household, but the actual nature of family interactions did not produce a positive impact. The responses to “How often do other members in the family (for example, husbands, parents, or in-laws) help with childcare?” show a decay in the amount of childcare help reported after training.

Two theories might explain why reported childcare help decayed after training. First, training might have made women cognizant of the lack of help and thus created salience bias. They might not have been as aware of the lack of help received during the baseline, but then became more observant after training.

Second, women may have tried to ask for help but lacked the necessary skills. The female response to “I am confident that I can voice my opinion at home” in the FT training is significantly lower than the male response, indicating a lack of competence. It is also possible that participants requested help but family members responded negatively. The reported increased frequency of “How often do you feel angry or frustrated after talking with your family?” and “How often do you have conflicts or disagreements with your head of household?” provide evidence for this second theory.