

## How almost half of mothers say HUSBANDS are a bigger source of stress than children

By Margot Perrers

46per cent of mothers in the U.S. feel more stressed out by their husbands than their children, according to a new survey.

A poll of over 7,000 mothers across the country, conducted by [Today Moms](#), found that because of different parenting views, a lack of help with household duties, and the typical pressures of marriage, many mothers feel that their husbands are just another child to take care of. What's more, the average mother reported her stress level overall at a whopping 8.5 out of ten.



Mom confessions: 46per cent of U.S. mothers say their husbands stress them out more than their children - because of a lack of help with household duties, and the feeling that he is just another child to take care of

Three-quarters of those surveyed said they do most of the day-to-day parenting and household duties, a fact that has undoubtedly taken a toll.

Indeed, one-in-five admitted that not receiving more help around the house from their other halves is a major source of their stress.

But according to Hal Runkel, an Atlanta, Georgia-based therapist, marriage is the problem, not parenting.

He explained: 'Moms think, my primary job is to be a mom, so she looks to her husband to be a support.' When a man does not fulfill that supportive role, that's when the arguments start.

One example: Mother-of-two Dena Fleno (middle) supports the findings. 'A 35-year-old acting like a seven-year-old is more stressful because they should know better,' she explained

'It's easy to blame your stress on another person,' said Mr Runkel, a father-of-two. 'Marriage is emotional weight-lifting. It's exercise. And when you choose to exercise, sometimes it feels miserable.' Indeed, according to the survey it's not just husbands that are causing stress; even among lesbian couples, one partner often reports being similarly frustrated with the other.

### **'A 35-year-old acting like a seven-year-old is more stressful because they should know better'**

Dena Fleno, from New Britain, Connecticut, supports the survey's findings: 'A seven-year-old is going to be a seven-year-old,' she explained.

'But a 35-year-old acting like a seven-year-old is more stressful, because they should know better.' Still, having a partner at all does alleviate some of the day-to-day worries for mothers; the poll also revealed that single moms reported feeling the most stressed of all.