

Men's Health Magazine Study of Couple Intimacy after Childbirth

1. What was the primary cause of your own increase in stress after having kids?

Females: Lack of intimacy with spouse: 5%. Diminished control over schedule: 16%. Demands of caring for child: 13%. Lack of "me time": 21%. Financial anxiety: 19%. Distraction from work: 3%. Anxiety over parenting skills: 8%. Other: 8%. Stress level decreased/stayed the same: 7%.

Males: Lack of intimacy with spouse: 17%. Diminished control over schedule: 15%. Demands of caring for child: 11%. Lack of "me time": 13%. Financial anxiety: 21%. Distraction from work: 2%. Anxiety over parenting skills: 6%. Other: 4%. Stress level decreased/stayed the same: 11%.

2. What do you most attribute your spouse's stress increase to?

Females: Lack of intimacy with me: 20%. Diminished control over his schedule: 9%. Demands of caring for a child: 9%. Lack of "me time": 6%. Financial anxiety: 30%. Distraction from work: 5%. Anxiety over parenting skills: 6%. Other: 6%. His stress level decreased or stayed the same: 9%.

Males: Lack of intimacy with me: 2%. Diminished control over her schedule: 10%. Demands of caring for a child: 42%. Lack of "me time": 17%. Financial anxiety: 10%. Distraction from work: 1%. Anxiety over parenting skills: 6%. Other: 5%. Her stress level decreased or stayed the same: 7%.

3. How has your tendency to show affection to your spouse changed since having children?

Females: It's increased: 23%. It's decreased: 41%. No change: 36%.

Males: It's increased: 18%. It's decreased: 59%. No change: 23%.

4. How many times a month did you and your spouse have sex before and after having kids?

BEFORE 0-3: 7% 4-6: 22%. 7-9: 21%. 10 or more: 50%.

AFTER 0-3: 46%. 4-6: 29%. 7-9: 12%. 10 or more: 13%.

5. TO WHAT DO YOU MOST ATTRIBUTE THIS DECLINE?

Females: Lack of time: 14%. Lack of energy: 40%. My own lack of desire: 32%. My spouse's lack of desire: 12%. Other: 2%.

Males: Lack of time: 14%. Lack of energy: 24%. My own lack of desire: 4%. My spouse's lack of desire: 51%. Other: 7%.

6. How many times would you like to have sex each month?

Females: 0-3: 5%. 4-6: 19%. 7-9: 20%. 10 or more: 56%.

Males: 0-3: 2%. 4-6: 13%. 7-9: 22%. 10 or more: 63%.

7. How many times do you think your spouse would like to have sex each month?

Females: 0-3: 9%. 4-6: 11%. 7-9: 9%. 10 or more: 71%.

Males: 0-3: 47%. 4-6: 21%. 7-9: 9%. 10 or more: 23%.

8. HOW HAS YOUR SEX DRIVE CHANGED SINCE HAVING CHILDREN?

Females: It's diminished: 57%. It's increased: 20%. No change: 23%.

Males: It's diminished: 19%. It's increased: 22%. No change: 59%.

9. How do you think your spouse's sex drive has changed since having children?

Females: It's diminished: 29%. It's increased: 14%. No change: 57%.

Males: It's diminished: 75%. It's increased: 9%. No change: 16%.

10. What do you miss most about your pre-child love life?

The top choice, by far, for both men and women: spontaneous sex, closely followed by spontaneous dates. In fact, more than twice as many men chose spontaneous sex over frequent sex--and so did three times as many women.