Over 60% of Tokyo fathers cook at home, showing steep rise: survey

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The percentage of fathers who cook at home has increased steeply over the past decade in the Tokyo metropolitan area, according to a survey by Norinchukin Bank.

In the survey, 60.8 percent of fathers said they cook at home — almost double the figure of 29.8 percent seen in 2007 when the poll was first taken.
Those who indicated that they do no housework accounted for less than 10 percent, showing that fathers are increasingly helping out at home.

The survey, conducted from March 17 to 31, questioned 400 fathers aged from 30 to 49 in the Tokyo metropolitan area mainly about their eating habits.

The survey has been conducted three times, the last time being in 2013.

Regarding the types of chores performed by fathers in the capital, those who cited grocery shopping rose to 79.0 percent from 53.5 percent in 2007.

Fathers who said they do nothing dropped from 28.8 percent to 9.5 percent, indicating that about 90 percent of the respondents perform some kind of housework, such as dishwashing.

The average spending per day on lunch was ¥646, up from ¥591 in 2013.

The share of fathers who do not drink alcohol continued to rise, standing at 21.0 percent this year against 13.8 percent in 2007.

Using mobile phones during meals is considered bad manners by 60.3 percent.

The proportion of respondents who said they have posted photographs of meals on social media was 14.8 percent.