Cultivate

Press Release

19 November 2026

"To cultivate families, cultivate care."

19 November 2026 – In a 2026 Caregiving and Family Formation survey, Cultivate SG, a local charity that researches and dialogues on family issues in Singapore, finds that three in four are discouraged from childbearing because of caregiving demands. This rises to over 4 in 5 among those aged 15-24. This survey reached 2,001 Singapore Citizen and Permanent Resident respondents aged 15-69.

Summary:

Key Finding:

Attitudes towards caregiving and family formation go hand-in-hand. Those who value and embrace marriage and parenthood are the readiest to care. Gen Z respondents (aged 15–24) are the most anxious about the future and the most deterred from parenthood by caregiving demands.

With Singapore becoming a super-aged society this year, we examined the attitudes and concepts Singapore residents hold towards caregiving and family formation. Views are explored through the lens of marriage and parenthood orientation (MPO), family aspirations, future-related anxiety and caregiving experience.

Here are our findings and recommendations at a glance:

Key findings

- **Caregiving is widely valued, but challenges abound.**
  Among respondents, around eight in ten (84%) see it as a moral duty one has towards family, and a similar number (81%) believe providing care to loved ones can be deeply fulfilling. Yet about eight in ten say work demands (83%) and financial pressures (83%) make caregiving responsibilities difficult to fulfil, and three in four (74%) say the demands of caregiving discourage childbearing.

- **Those who value and embrace marriage and parenthood are the readiest to care.**
  Respondents who value and embrace both marriage and parenthood (High-MPO) are three times as likely to be willing and confident to provide caregiving, as compared to those who do not (Non-MPO) (46% vs 14%).

- **Those who have cared are more ready to care.**
  Those who have cared or are caring for someone long-term are more likely to be willing and confident to provide caregiving (37%) than those who never have (24%). Attitudes towards marriage and parenthood continue to make a difference among those who do not have caregiving experience. Among those without caregiving experience, 72% of High-MPO respondents agree that caregiving would give them a sense of purpose in life, compared with 27% of Non-MPO respondents.

- **Gen Z are the most anxious, and women feel less ready than men to provide caregiving.**
  Gen Z respondents (aged 15–24) are the most anxious about the future (64% with high future-related anxiety, vs 49% overall) and the most deterred from parenthood by caregiving demands, with 83% agreeing that the demands of caregiving discourage childbearing. Women are more likely than men to expect to be the main caregiver of their own young children (84% women vs 65% men), yet fewer believe they would manage caregiving reasonably well (51% women vs 62% men).

- **People want outside help in caregiving, but most desire to remain the main caregiver themselves.**

  Caregiving from external providers (e.g. domestic helper, nursing home, childcare centre or the government) is twice as acceptable for ageing parents as compared to young children (16% vs 8% would expect an outside caregiver to be the main carer). Six in ten (61%) would rely on an institution to care for their parents if they could afford it, but while more than eight in ten (84%) say families should stay involved even when institutions are used.

Key recommendations

1. Strengthen confidence to provide caregiving; don't wait until a crisis hits.

2. Make work and caregiving fit: encourage employers to support employees in their utilisation of government-paid leave and flexible work arrangements. Introduction of an eldercare leave would also ease caregiving tension.

3. Promote complementarity in parenting: bridge perspectives between males and females, including expectations of caregiving for young children.

4. Ease tension young people draw between caregiving and parenthood by providing opportunities for learning about caregiving and interaction with married parents.

5. Position outside care (e.g. domestic helper, nursing home, childcare centre or the government) to supplement family care, not replace it. Develop a range of affordable hybrid models that keep the family involved: day care (for young and old), respite and home-based support. Explore partnerships with community groups or institutions to provide such caregiving support.

6. Champion the value of caregiving through various platforms including Ministry of Education's (MOE) Values in Action (VIA), philanthropy networks, etc.

7. Nurture the next generation by integrating family life, caregiving and facts about human fertility into their education. This empowers them for better decision-making on caregiving and family formation.

About the Survey

This press release presents key findings from the Caregiving and Family Formation Survey (2026) commissioned by Cultivate SG.

Pureprofile was commissioned to conduct the fieldwork in August–September 2026, reaching 2,001 Singapore Citizens and Permanent Residents aged 15–69 (achieved age range 16–69, including 21 respondents aged 16–17). The survey was a self-administered online questionnaire available only in English.

To ensure that the demographic proportions closely approximate the national population, results are weighted to Singapore's resident population by age, sex, ethnicity, citizenship and religion.

All figures are rounded off for readability. Gaps are calculated from unrounded figures, so they may differ by one point from the rounded percentages, and percentages may not sum to exactly 100% due to rounding.

Differences are tested at 95% confidence, allowing for weighting. The key findings rest on large or consistent differences, but isolated small gaps should be read with caution.

As this survey was conducted purely online and in English only, it may under-represent respondents who are less comfortable with English or less likely to participate in online surveys. By covering ages 15–69 only, results do not reflect people aged 70 and over, many of whom are care recipients or spousal caregivers.

Some groups have small base sizes (e.g. those who want marriage only, n = 72, and those who want parenthood only, n = 95), so their figures are less precise and should be interpreted with appropriate caution. Groups with fewer than 30 respondents are not reported, and groups of 30–49 should be read as indicative.

The survey is a snapshot at one point in time, and attitudes of respondents may change over time. Results reflect associations, e.g. between anxiety and confidence, and do not

establish cause and effect. Responses may be affected by social desirability, recall bias, or differences between stated views and actual behaviour.

Link to full report: https://cultivate.sg/research-recommend/caregiving-and-family-formation-survey-2026/

For media enquiries, please contact:
Tel: 8931 3352 (Office)
Email: admin@cultivate.sg
(Attention: Mr Darius Lee, Executive Director)
Website: www.cultivate.sg

About Cultivate SG

We are a local charity that wants to see families and society thrive for generations. We call this social sustainability. This involves individual rights and responsibilities, stable marriages, strong families, children's interests, a cultural climate that supports personal and family growth, and social harmony. We are committed to research, education, and dialogue on these issues to build up other people, families, and communities who share our heart. This is how we grow the good, one conversation at a time.