

## 多子多福吗?——子女数量、代际支持与母亲健康

石智雷

**摘要:** 中国计划生育政策的严格实施,为我们利用工具变量来识别生育数量对母亲健康影响的因果效应提供了难得的契机。本文基于中国健康与养老追踪调查数据,从自评健康、躯体健康和心理健康三个维度,考察了早年实施的生育决策如何影响生育完成之后生命历程的母亲健康状况,在此基础上探讨了资源约束和代际支持所发挥的中介作用。工具变量估计结果显示,生育数量的增加显著降低了母亲的健康状况,并且无论是从1个孩子增加到2个,还是从2个增加到3个及以上,都会带来母亲健康状况的显著下降。相对于对躯体健康,生育数量增加导致的母亲心理健康状况下降幅度更大。生育数量的增加导致子女对父母代际支持的减少。当放松家庭资源约束,生育数量对母亲健康的负面影响力有所减弱。

**关键词:** 生育数量 代际支持 母亲 健康

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## **How many more? – The number of children, intergenerational support and maternal health**

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### **ABSTRACT**

The strict implementation of One-Child policy in China provides a rare opportunity for us to identify the causal effects of fertility on the health of mothers in the instrumental variable regression. Using data from China Health and Retirement Longitudinal Study, this paper examines the effect of fertility on the health status of mothers from three dimensions: self-rated health, physical health and mental health, and the intermediary role of the resource constraints and intergenerational support. Estimates in the instrumental variable regression show that mothers with fewer children have a higher self-rated health and a lower probability of being depression and having a better basic activity of daily living. Relative to the physical health, the increase in the number of births caused by a greater decline in mental health of mothers. The increase in the number of births leads to a reduction in the social support of the child. When the relaxation of family resources constraints, the number of children on the negative impact of maternal health has weakened.

### **KEY WORDS**

Number of births; Intergenerational support; Mother; Health