

marri Findings

FAITH & FAMILY

Our Top Findings about Family and Religion in 2018



Americans Value Family Identity the Most

Individuals [value their identity](#) as a parent or partner more than their political or professional identities.

Cohabitation Weakens Marital Quality and Marital Stability

Couples who live together before a clear commitment is established experience lower [marital quality](#) and higher risk of [divorce](#).

Marriage Quality Improves Over Time

Spouses who remain together for more than 20 years experience a return to [initial levels of happiness](#), continuous declines in discord, and increased shared activities.

Family Prayer Improves Family Relationships

The family that [prays together](#) experiences greater quality time, unity, social support, intergenerational transmission of religion, and reduced family tension

Father's Residence and His Gift of Time to His Children

[Fathers who live with their children](#) spend five times more time with their children than non-residential fathers do.

"I Quit Watching Porn to Have More Sex"

Frequent pornography use increases [sexual dysfunction](#), re-conditions neurological [appetite](#), alters sexual [expectations](#), and lowers [arousal](#), [sexual self-esteem](#), and [satisfaction](#)

Most Americans Believe in a Deity

Most Americans [believe in a higher power](#) (90%), including 72% of religious “nones.” More than half (56%) identify that higher power as God from the Bible.

Early Religious Involvement Improves Future Well-Being

Young adults who engage in religious practice during adolescence have higher levels of [physical and psychological wellbeing](#): Increased life satisfaction, positive mood, character strengths, and decreased the risk of marijuana use, delayed sexual initiation, and lower number of lifetime sexual partners.

[sexual self-esteem](#), and [satisfaction](#) (especially for [men](#)).

Smartphone Use Diminishes Social Interactions

People who use smartphones during social interactions have a lower capacity to “be [present](#)” and to [enjoy](#) time with family and friends.

Most Americans Believe in a God Who is Good

Most U.S. adults report that God has [protected](#) them (80%) or has [rewarded](#) them (75%). Nearly all adults who believe in the Biblical God report that God loves them despite their faults, protects and rewards them, is all knowing and is all powerful.



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For the good of the child --- the future of America,
Pat Fagan, Ph.D.
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