

marri Findings

FAITH & FAMILY

Social Support Helps Man Thrive



Social Support Protects Maternal and Infant Health

High quality support from expectant [fathers](#) decreases maternal and infant postpartum distress. Mothers with low levels of support are four times more likely to experience depressive symptoms than those with high support from [family and friends](#).

Support Improves Quality of Life in Old Age

Support from spouse and friends improves wellbeing in old age by reducing [loneliness and strain](#) and by increasing [life satisfaction](#), [happiness](#), and [self-esteem](#).

Social Support Fosters Academic Achievement

[Parental involvement and supervision](#) considerably advance children's academic achievement. Support from [family](#) and friends also protects against bullying, which increases [depressive symptoms](#) and [poor academic achievement](#), and promotes [positive affect](#).

Health Benefits of Social Support

[High quality relationships](#) have a greater effect on mortality than lifestyle practices, such as: physical activity.

Explore more research about the [benefits of belonging](#) and the implications of rejection at [Marri.us](#).

BLOG: Teen Romance and the Future



With our first romance we saw the world in a whole new way because of the one who was absolutely wonderful, and who thought the same of us.

During our early teens, we began in earnest, the journey of our inner life in earnest, an inner life complicated by our sense of how others regard us, which in turn affected how we regarded ourselves. No wonder teenagers are confused and confusing. Many of us spent the rest of our lives trying to reconcile how we value ourselves with how others value us. A lucky few learn early on that this reconciliation is achieved only by being courageous- by being true to oneself and true to the other at the same time. [Continue reading here.](#)

For the good of the child --- the future of America,

Pat Fagan, Ph.D.

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