

marri Findings

FAITH & FAMILY

The Impact of Family on Young Americans' Mental Health



"The simple task of preparing myself for a family trip felt like it was too much for me at that moment. I became a crying mess on my bed. My mother found me like this when she came to check on me. I cried even harder when I saw that she was already dressed in her coat and boots, and I was still in my pajamas. The way she responded to me at that moment really shaped how I handled the holidays since: 'It's okay if you don't want to go,' she said with a kind smile. 'Do you want to talk about it?'" - [Ginnie](#)

The State of Young Americans' Mental Health



American youth are suffering a [mental health crisis](#). The majority of youth view it as a [major](#) problem. National assessments show that young people aged 12- 25 are experiencing heightened rates of depression (a [52- 63%](#) increase),

Demographic Factors



Mental health has worsened the [most](#) among females, white Americans, and those in the highest income groups. Adolescent girls now report a higher level of [anxiety](#) than boys do (36% vs. 23%).

Academic and Financial Challenges of Millennials

serious psychological distress (a [71%](#) increase), and suicide (a [33- 56%](#) increase).

Mental Health Challenges of Low-Income Youth



Youth from low-income households [earn less](#), feel [more pressure](#) to help their families financially, worry more about their families' ability to meet basic needs, and do not have sufficient [emotional support](#)

from their parents. Youth from low-income households, who also lack stability and family cohesion, are more likely to experience [depression](#) by age 14. As regular readers of Faith and Family Findings know, marriage before childbearing has virtually disappeared within the bottom two quintiles of income.

Support for the Next Generation is Limited: Adolescents' Values Vary by SES



The majority of teens report “the pressure to succeed academically” as their greatest [source of stress](#) (especially girls). Slightly older, highly educated millennials with at least a BA struggle with [outstanding student debt](#) (double the amount of the previous generation). Those with low [educational attainment](#) (some college or less), however, earn significantly less than millennials with a BA or more (\$56,000 vs. \$36,000).

The Marriage of Parents Increases Resilience Despite External Factors



Youth who experience environmental challenges are more likely to develop [resilience](#) when they have [family protective factors](#) such as: two parent families with strong marriages, family cohesion, parental support and warmth, good parent-child communication, and social support.

While about half of American teenagers report that getting married (45-50%) and having children (39- 41%) are [priorities](#), teenagers from high-income and middle-income households value getting married (56%, 46%) and having children (43%) more than teenagers from low-income households (31%, 27%). However, even these numbers are not high enough to give great comfort for higher income teenagers.



Explore more research about [the influence of family structure on mental health](#) at [Marripedia.org](#).

Marriage and Childbearing Trends



Young adults are postponing [marriage](#) and [childbearing](#) at greater rates than previous generations. While 83% of young adults ages 25 to 37 were married in 1968, only 46% were married in 2016 (even less married among those with only a high school diploma, 40%). Surprisingly the drop in motherhood is not as great among younger women: While 58% of women ages 20 to 35 were mothers in 1984, only 48% of young women were mothers in 2016.

BLOG

Phase 4 of The Father- Son Relationship: Early Adolescence **Assessing the Beauty of Young Women**



When you were born, I held you in my arms and [made these promises to you](#):

I will teach you how to regard the bodies of women.

I will teach you how to listen carefully to women and hear what they mean .

I will teach you how to treat all women, so they will know you are a man of good intentions.

Now, that you are becoming a young man your body can generate new life. Yes! You can now be a father. So, it is time for me to teach you all you want to know and all you need to know about this powerful new dimension of being alive. [Continue reading here.](#)

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