

Marriage and Women's Well-Being*

"An excellent wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain." Proverbs 31:10-11

Social science researches shows that there is a significant increase in women's well-being when they are married:

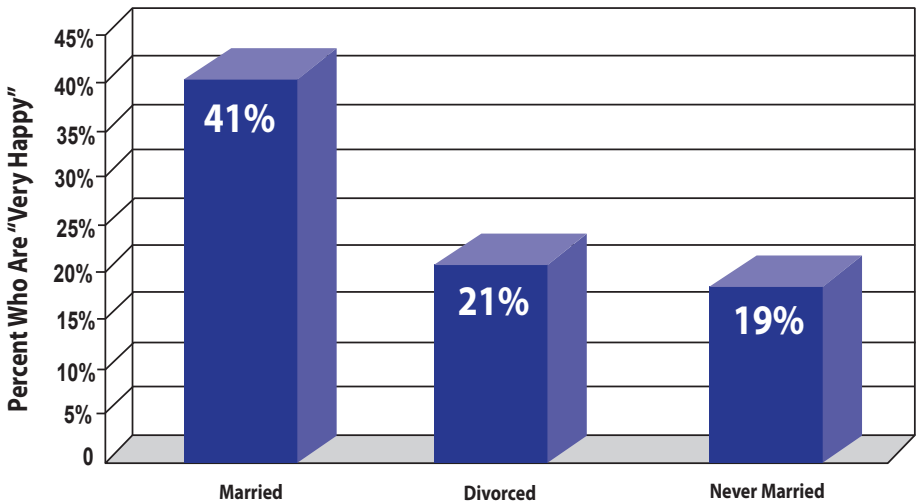
- Married women are healthier than never-married, divorced, and separated women.
- Married women are less psychologically distressed than divorced or separated women.
- The longer women are married, the less likely they are to become ill.
- Married mothers report more love and intimacy than cohabiting or single mothers do in their romantic/spousal relationships.

Marriage is a place where women can be safe and cherished. Husbands, how can you increase your wife's well-being today? Parents, how are you guiding your children towards marriage? When should you start planting the seeds?

The chart shows that married people have higher rates of being "very happy" than do those who are divorced or never married.

Percent of People Who Are "Very Happy"

Source: National Opinion Research Center, General Social Survey, 1998.



For links to the research behind these statements, please visit www.marri.us/one-pagers/

*It bears emphasizing that these patterns hold for the groups involved, not for all the individuals who make up each group. There is naturally a wide variation among individuals.



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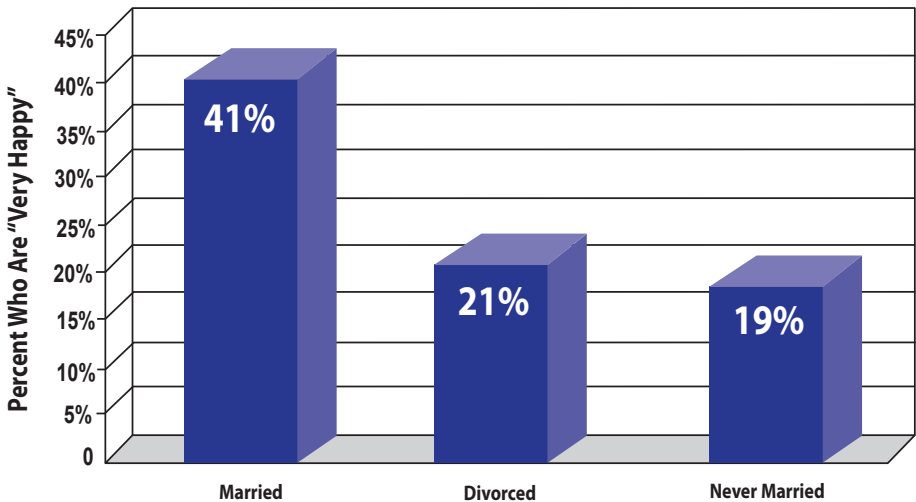
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