

Marital Commitment and Psychological Health*

“Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.” Philippians 4:8

Many factors influence psychological disorders, and social science research has discovered that marriage in particular significantly reduces the incidence of the following problems:

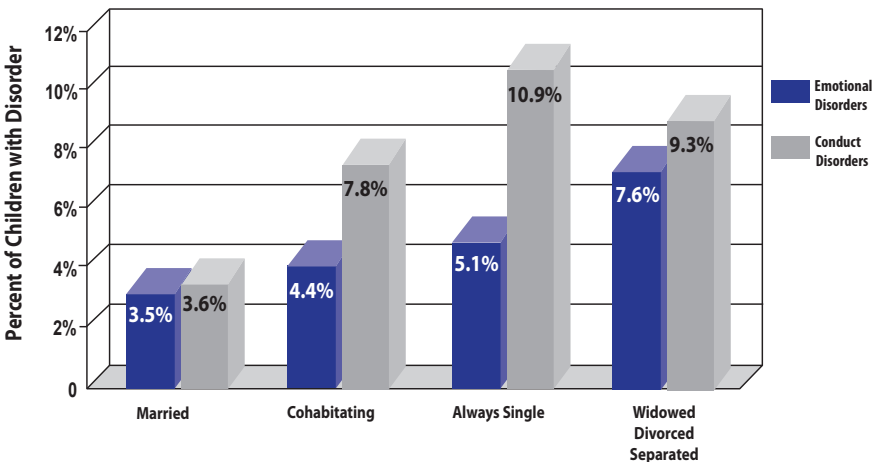
- Feelings of loneliness
- Depression
- Suicide
- And other mental disorders

Although marriage benefits your health, family, and society, fewer people are getting married, more partnerships are ending in rejection, and levels of depression are rising. Are there any friends you can help to get married or whose marriage needs bolstering to get them through a rough period?

The accompanying graph shows that children from married families have less mental health disorders, emotional or conduct, compared to children from cohabitating, always single, and widowed/divorced/separated families.

Mental Health Disorders, All Children in the UK, by Family Structure

Source: Off Nat Stats UK, 1999



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

*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.

THE SOCIAL SCIENCES

ILLUSTRATING THE WAY GOD MADE MAN



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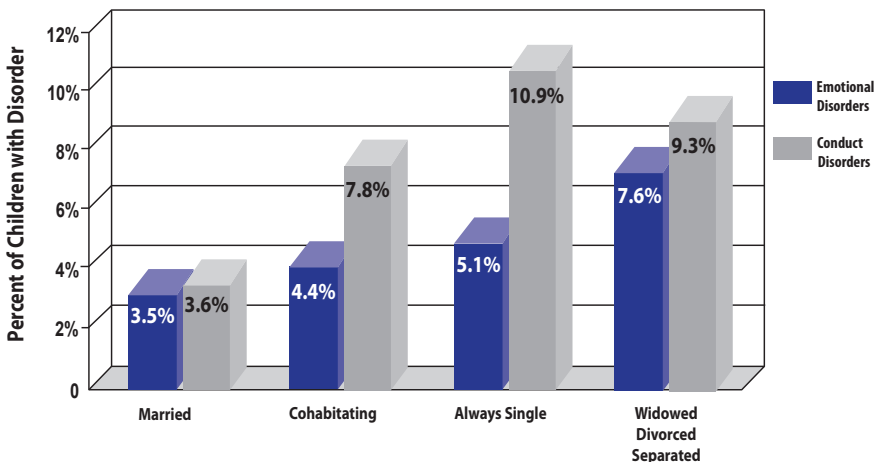
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