

marri Findings

FAITH & FAMILY

What Explains Young Women's Disproportionately Poor Mental Health?



“I know I’m not alone in my experience with anxiety disorder, but I felt alone. Most of my moments of anxiety happened at night. I would cry myself to sleep four or five times a week. But when I woke up the next morning, I would wonder why I got so upset about such a minor issue. I shrugged off the attacks as mere occasions of oversensitivity and stress.”— [Maria B.](#)

Young Women Have Particularly Poor Mental Health

In the last decade, mental health has deteriorated the [most](#) among young women. Rates of depression have worsened faster among teenage girls than boys (59% vs. 43% increase) and currently teenage girls suffer from higher levels of [anxiety](#) and [depression](#) than young men.

Gallup 2019 World Happiness Report

Since 2010 and 2012, [levels of happiness](#) and life satisfaction among young people (especially girls and young women) unexpectedly declined and rates of psychological illness (depression, suicide, self-harm) drastically increased. [Suicide rates](#) nearly doubled for women aged 15-24 between 1999 and 2017 (3.0 to 5.8).

Contributing Factors of Young Women's Poor Mental Health



Academic Pressure

The majority of teens report “the pressure to succeed academically” as their greatest [source of stress](#). Girls report worrying “a lot” about getting into the college of their choice more than boys (37% vs. 26%).

Contraception

National studies from [Europe](#) and [Asia](#) show that various types and compositions of hormonal contraception (i.e. OCs, COCs, POPs, Patch, Ring, Implants and IUS) considerably increase the risk of depression and suicide, among young women. Hormonal contraception increases adolescents’ risk of [depression](#) by 70% and triples their risk of [suicide](#).

Social Media

Frequent social media use increases women’s [facial](#) and [body](#) dissatisfaction, negative [mood](#), and triples their risk of [depression](#).

Weak Social Ties

[Screen activities](#) (gaming, social media, texting, and internet use) now make up most of adolescents’ leisure time. The average 17- 18 year old spends more than 6 hours a day on digital media, devotes little time to socializing in person, and is less happy.

Decline in Self-Care

Presently, adolescents spend less time on essential activities that do not involve a screen: [sleeping](#), [in-person social interaction](#), and attending [religious services](#), all of which increase levels of [happiness](#) and lower the risk of [depression](#).

Unstable Family Support

A growing number of children grow up in unstable [family structures](#). Nearly [6 million](#) US children live with cohabiting parents (2.7 million live with biological unmarried parents) and nearly half of black children (44%) live only with their mom. Substantial evidence shows that [broken families](#) negatively affect social-emotional adjustment and adult [mental health](#).

Casual Intimate Encounters

While both young men and women report feeling [regret](#) after uncommitted sex, women feel greater regret than men. College women who have [hooked up](#) (sexually) are more likely to also experience depression and STIs.

Restrictive Womanhood

Although many young women consider getting married (45%) and having children (41%) as [priorities](#), respected organizations like the [APA](#) warn women that caregiving, nurturing, and staying at home (qualities that benefit children), diminish their personal worth, emotional resources, self-development, and autonomy.



Explore more research about the [societal factors that impact mental health](#) at [Marrimedia.org](#).

BLOG

Phase 5 of The Father- Son Relationship: Growing in Manly Sexuality from the Beginning



*You may remember my promises to you when you were a baby.
Among them were:*

- I will teach you how to spot and win the sexual battles that will take place inside your head and your heart.*
- I will teach you why you should not masturbate. (Your wife will thank me — without ever telling me).*
- I will teach you how to have the sexual control you will need for your marriage bed.*

The most strategic battles on matters sexual take place in your mind, heart and imagination, just as they do still for me, and did for your grandfathers and all men who have ever lived. This is a battleground littered with fallen soldiers. Many men get wounded and pay a heavy price before recovering. Some men never recover. Some men cease to be soldiers and become “sexual terrorists.”

The sexual energy within us is much like the energy of the atom: it can be harnessed for great good. From it came you, your sisters and your brothers and all your cousins and all the friends you love to be with. However, like the atomic bomb, sexual energy can be massively destructive, when children are aborted, spouses are unfaithful and marriages break up, when sexual abuse or deep marital conflict distorts the sexuality of children, who when they become adults, in turn often damage others. [Continue reading here.](#)

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