

Effects of Marriage on Mental Health

Married people are least likely to have mental disorders,¹⁾ and have higher levels of emotional and psychological well-being than those who are single, divorced, or cohabiting.²⁾ Marriage protects against feelings of loneliness.³⁾ Married mothers enjoy greater psychological well-being and [greater love and intimacy](#) than cohabiting or single mothers.⁴⁾ Marriage also has a wide range of benefits for [physical health](#).

1. Anxiety and Stress

Both adults and children in married families suffer less psychological distress than their counterparts in divorced families.⁵⁾ Married men have lower levels of stress hormones,⁶⁾ and married women experience less psychological distress.⁷⁾ Married mothers feel more love and intimacy and feel less ambivalence and experience less conflict with their husbands than do cohabiting and single women with their partners.⁸⁾

1.1 Related American Demographics

According to the National Survey of Children's Health, biological parents and adoptive parents who are married report less parenting stress (48.9) than single mothers (52.1), biological parent/stepparent families (52.0), or "other" family structure (50.6) such as single fathers.⁹⁾ (See [Chart](#) Below)



2. Depression

Those who are married report less depression¹⁰⁾ than cohabiting couples.¹¹⁾ Married mothers report less depression, more support from their partners, and more stable relationships than cohabiting mothers.¹²⁾ Adolescents living with married parents are less likely to be depressed than those in stepfamilies or single-parent families (with or without other adults present).¹³⁾

3. Suicide

Married people are least likely to commit suicide.¹⁴⁾ Adolescents in divorced families are more likely to commit suicide.¹⁵⁾

4. Happiness

Married people are much more likely to report being happy than cohabiters,¹⁶⁾ and those who do not

cohabit prior to marriage report having happier marriages than those who do cohabit.¹⁷⁾ Married people (those in intact marriages and those who have divorced and remarried) most frequently report being proud of their work.¹⁸⁾ Married mothers of infants have the most positive attitudes and report forming better home environments than single and cohabiting mothers.¹⁹⁾

4.1 Related American Demographics

A larger fraction of those raised in an intact family consider themselves “very happy” than those raised in non-intact families.²⁰⁾ (See [Chart](#) Below)



5. Drug and Alcohol Use

Married individuals are more likely to cease using marijuana, due in part to improvements in self-control.²¹⁾ Continuously married adults less frequently report that they sometimes drink too much.²²⁾ Married women have fewer alcohol problems.²³⁾ African-Americans who are married have lower rates of excessive drinking and drug use.²⁴⁾

Adolescents from intact married families are less likely to use cocaine than those from divorced families.²⁵⁾ Teenagers from intact families are less likely to begin smoking than those with never-married or divorced single parents.²⁶⁾

6. Community

Older married couples enjoy more social support than older cohabiters,²⁷⁾ and married mothers enjoy more social support than cohabiting or single mothers.²⁸⁾ Those in intact marriages less often report believing that most people would try to take advantage of others. Married parents spend more on education and less on alcohol and Tabaco as compared to cohabiting parents.²⁹⁾

6.1 Related American Demographics

According to the General Social Survey (GSS), always-intact married adults are less likely than married, previously divorced adults or unmarried adults to believe that most people would try to take advantage of others.³⁰⁾ (See [Chart](#) Below)



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