

Benefits of Healthy Marriages

For Children and Youth

Researchers have found many benefits for children and youth who are raised by parents in healthy marriages, compared to unhealthy marriages, including the following:

1. More likely to attend college
2. More likely to succeed academically
3. Physically healthier
4. Emotionally healthier
5. Less likely to attempt or commit suicide
6. Demonstrate less behavioral problems in school
7. Less likely to be a victim of physical or sexual abuse
8. Less likely to abuse drugs or alcohol
9. Less likely to commit delinquent behaviors
10. Have a better relationship with their mothers and fathers
11. Decreases their chances of divorcing when they get married
12. Less likely to become pregnant as a teenager, or impregnate someone.
13. Less likely to be sexually active as teenagers
14. Less likely to contract STD's
15. Less likely to be raised in poverty

For Women

Researchers have found many benefits for women who are in healthy marriages, compared to unhealthy marriages, including the following:

1. More satisfying relationship
2. Emotionally healthier
3. Wealthier
4. Less likely to be victims of domestic violence, sexual assault, or other violent crimes
5. Less likely to attempt or commit suicide
6. Decrease risk of drug and alcohol abuse
7. Less likely to contract STD's
8. Less likely to remain or end up in poverty
9. Have better relationships with their children
10. Physically healthier



For Men

Researchers have found many benefits for men who are in healthy marriages, compared to unhealthy marriages, including the following:

1. Live longer
2. Physically healthier
3. Wealthier
4. Increase in the stability of employment
5. Higher wages
6. Emotionally healthier
7. Decrease risk of drug and alcohol abuse
8. Have better relationships with their children
9. More satisfying sexual relationship
10. Less likely to commit violent crimes
11. Less likely to contract STD's
12. Less likely to attempt or commit suicide

For Communities

Researchers have found many benefits for communities when they have a higher percentage of couples in healthy marriages, compared to unhealthy marriages, including the following:

1. Higher rates of physically healthy citizens
2. Higher rates of emotionally healthy citizens
3. Higher rates of educated citizens
4. Lower domestic violence rates
5. Lower crime statistics
6. Lower teen age pregnancy rates
7. Lower rates of juvenile delinquency
8. Higher rates of home ownership
9. Lower rates of migration
10. Higher property values
11. Decreased need for social services

[\[Source: Why Marriage Matters, Second Edition: Twenty-Six Conclusions from the Social Sciences, September 2005.\]](#)

[Also see What Is a Healthy Marriage? Kristin Anderson Moore; Susan M. Jekielek; Jacinta Bronte-Tinkew; Lina Guzman; Suzanne Ryan; Zakia Redd. September 2004.](#)

