The Role of Healthy Marriage in Promoting Both Adult and Child Well-Being

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Benefits of Marriage for Adults

- Lower ___________
- Better ______________
- Better ______________
- Better ______________
- Greater ______________

Healthy versus Unhealthy Marriages
Benefits for the Workplace

Adults in healthy relationships and marriages

- Are better employees:
  - Lower _____________
  - Greater ______________
  - Greater __________
  - Higher levels of _____________
Median Wealth is Highest for Married Households (ages 51-56)
Median Wealth is Highest for Continuously Married Households (ages 51-56)
Benefits for communities

Adults in healthy relationships:

- ______________
- ______________
- ______________
- _____________________
It’s the quality of the relationship

- Level of adult couple conflict is linked to outcomes for children, regardless of family structure
Robust findings: Couple functioning “spills over” into parenting

- The quality of the couple relationship is not separate from the parent-child relationship.

*Kirkland et al. (2011)*
Marriage Education vs. Parent Education

- Transition to Kindergarten program: Resulted in higher __________________; better ______________ more positive ______________; more positive _____________; fewer negative ______________ from Kindergarten to Grade 11 (Cowan & Cowan, 2005; Cowan and Cowan, 2011).

“Fatherhood Plus”

- Resulted in increased __________________; decreased ______________; increased ______________ __________________; more positive __________ (Cowan, Cowan, Pruett, & Pruett, 2007).
Couples Education at Birth

- Showed sustained positive impacts
  - 3 years post-partum – no divorces in treatment group vs. 15% in comparison group.
  - 3.5 to 4 years post-partum – higher parent well-being and children’s adjustment to kindergarten.
  - 6 years post-partum – higher marital satisfaction and adjustment for treatment group.

(Cowan and Cowan, 2002)
Spill-Over in a Negative Direction

- Adults who experience high conflict and separation/divorce are at greater risk.
  - This affects their parenting; increases risks for children
- Physical abuse often in the context of a conflictual couple relationship
Conflict and Child Outcomes

- More Child Sleep Problems
  - ________problems
  - Poorer ____________________________
  - Lower _________(<10 to 15 points)
  - ________________________________

(El-Sheik, Kelly, Bagley, & Wetter, 2012)
Conflict and Heart Disease

HOW you argue impacts your heart health

Dr. Timothy Smith (University of Utah)

Impacts for Women

- Women who argue with their husbands in a hostile manner ____________________ as non-hostile counterparts.

- The ___________________ for those women whose spouses routinely ____________________.

(Smith et al., 2007)
Conflict and Heart Disease

HOW you argue impacts your heart health

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Impacts for Men

• Men who use controlling or domineering behaviors show _________________than their non-domineering/controlling counterparts

(Smith et al., 2007)
Economic Impact

- 30% of sick time due to family conflict in the year following divorce, employees lost an average of over 168 hours of worktime (equivalent to being fully absent four weeks in 1 calendar year) (Mueller, 2005).
- Turn-over costs:
  - Replace 1 blue-collar worker costs an average of 150% of total benefit package.
  - Replace 1 white-collar worker costs an average of 250% of total benefit package (Tangri, 2003).
- This work loss associated with marital and relationship problems is approximately $6.8 billion a year in the U.S.