

## Family Life and Career Experience: Influence on Military Satisfaction and Career Intentions

The military is invested in understanding the factors that contribute to service member career satisfaction and intentions to leave the military.



## Factors that Contribute to Career Satisfaction and Intentions to Stay



More social support



Better financial well-being

More career experience (i.e., deployment history)

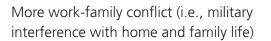
Better mental health

## Factors that Contribute to Career Dissatisfaction and Intentions to Leave











Having a spouse who had a full-time job



Worse marital quality

• Particularly for women service members with spouses who are full-time homemakers

## **Resources for Service Members**

- If financial strain is affecting your quality of life, reach out to <u>Military OneSource financial counselors</u> to help you plan for your specific situation.
- If things with your spouse are not as great as you would like them to be, consider utilizing resources like the <u>Love Every Day</u> tool or the <u>Building Healthy Relationships</u> consultation to help you build a stronger relationship.
- If you have a hard time balancing family and military life, consider using the <u>Peer-to-Peer Support</u> program. Peer support consultants are trained professionals and include service members and spouses who can relate to the military life issues you are facing.

Street, T., Lewin, A., Woodall, K., Cruz-Cano, R., Thoma, M., & Stander, V. A. (2022). Gender differences in marital and military predictors of service member career satisfaction. Family Relations, 71(4). https://doi.org/10.1111/fare.12697 Woodall, K. A., Esquivel, A. P., Powell, T. M., Riviere, L. A., Amoroso, P. J., Stander, V. A. (2022). Influence of family factors on service members' decisions to leave the military. Family Relations. Advance online publication. https://doi.org/10.1111/fare.12757



