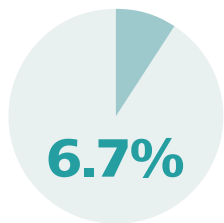




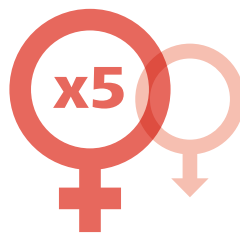
# WORK AND LIFE STRESSORS AMONG NON-DUAL AND DUAL-MILITARY FAMILIES

## Balancing work and family is especially challenging for dual-military couples.

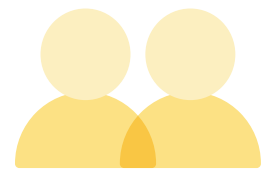
For the over 700,000 military couples in the United States, balancing the competing demands of work and family can be difficult; for dual-military couples, this can be even more challenging.



6.7% of military members are in a dual-military marriage\*



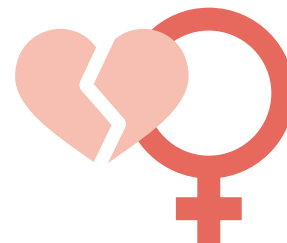
Women are **5 times** more likely to be married to another service member compared to men



Dual-military couples reported **fewer** military stress experiences (deployment, injury, intensified training schedule, PCS)



Military stress experiences were related to **lower marital satisfaction** through increased work-family conflict



Women in dual-military marriages reported **lower marital quality** than dual-military men or civilian spouses

## Insights to action

Study findings include these recommendations:

- Know what to expect in a [dual-military marriage](#).
- Make a plan to spend quality time with spouse and family, particularly when work stress is high. [Marriage enrichment programs](#) can help.
- Take advantage of military programs to reduce work-related stress: [deployment readiness support](#), [relocation assistance](#), and [military and family support centers](#).

\*U.S. Department of Defense. 2018 *Demographics profile of the military community*. Retrieved from <https://www.militaryonesource.mil/data-research-and-statistics/military-community-demographics/2018-demographics-profile>  
Source: Woodall, K. A., Richardson, S. M., Pflieger, J. C., Hawkins, S. A., & Stander, V. A. (2020). Influence of work and life stressors on marital quality among dual and nondual military couples. *Journal of Family Issues*, 41(11), 2045–2064.



For more information, go to <http://www.familycohort.org>

The Millennium Cohort Family Study follows nearly 10,000 spouses of junior military personnel for 21 years to help the Department of Defense understand the needs of families and provide better support.

