



# HOW WELL ARE MILITARY SPOUSES' MARITAL RELATIONSHIPS FARING?

## Why support strong military marriages?



52% of U.S. service members are married\*



- Healthy marriages are associated with higher well-being
- Military spouses provide critical support to service members



1 in 5 military spouses reported low marital quality

## Spouse Marital Quality & Family Stress

Nonmilitary experiences had the strongest impact on low spouse marital quality.



### How to support strong military marriages



Find a supportive social group



Make time for yourself



Save and budget as a couple

### Seek out resources for military families

- Military OneSource
- Military & Family Life Counseling (MFLC) Program
- Psychological Health Center of Excellence (PHCoE)
- Service-specific family enrichment programs
- Department of Veterans Affairs Warrior to Soul Mate program



\*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: Pflieger, J.C., LeardMann, C.A., McMaster, H.S., Donoho, C.J., & Riviere, L.A. (2018). The impact of military and nonmilitary experiences on marriage: Examining the military spouse's perspective. *Journal of Traumatic Stress, 31*(5), 719-729. <https://doi.org/10.1002/jts.22321>



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.

