Creating a Good Marriage

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English 102-007

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8 July 2002
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Thesis Statement: Afro-Americans should insist on creating good marriages.

I. Couples involved in healthy marriages live longer.
   A. The couples have a less chance of a stroke.
   B. Both individuals experience less depression.

II. People involved in marriage have an increased rate of fidelity.
   A. Cohabitating results in increased infidelity.
   B. The promise of permanence in marriage results in less infidelity.

III. Married people have better financial status.
   A. The couple makes more money.
   B. The couple saves money more efficiently.
IV. People in good marriages have better sex lives.

A. The couples have sex more often.

B. The couples have more satisfying sex lives.

V. Children who do not come from divorced homes benefit.

A. The children have more stable emotional health.

B. The children do better academically.

C. The children are less likely to fall victim of poverty.

VI. Society can benefit from good marriages.

A. Society will have a decreased number of alcohol and drug abusers.

B. Society will have a decreased crime rate.
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1 Getting married can have more benefits than one can imagine. Married people live longer, are much less likely to suffer from physical and mental illness; when they do, their recovery is faster and more successful than those who are not married. According to researchers in a recent study, marriage can increase the life span of a man eight to ten years and the life of a woman three to four years (Mitchell). A married couple has less of a chance of suffering a stroke. In a recent study people who were married had a 30% lower risk of a stroke. Married women in particular, had a 46% lower risk of a stroke (“Health: Get Married”). Lead author Dr. Leon Simons, of St. Vincent’s Hospital, Darlinghurst, New South Wales, said: “The reasons for this are unclear, It may relate to differential benefits from social support in marriage” (qtd. in “Health: Get Married”).

2 A married couple experiences less depression. Emotional and physical social support has a positive effect on their relationship. Loving support is an essential ingredient in good health. When one knows that his or her spouse will be supportive under any circumstances, it makes one feel good. Being connected with one’s spouse emotionally and mentally lowers tremendously the chance of one’s mate becoming depressed.
Afro-Americans should also insist on good marriages because there is a lesser chance that one of the partners will cheat. Unlike marriage, cohabiting results in increased infidelity. Men involved in cohabiting living-arrangements are four times more likely to cheat as opposed to husbands. Women are astonishingly eight times more likely to cheat in cohabitation relationships than married ones. For this reason cohabitating relationships should not be an option for people who don’t want fidelity to be an issue during marriage.

The permanence in marriage also contributes to less infidelity in marriages. The commitment put into the institution of marriage makes cheating harder than in cohabiting relationship, where no legal bonds tie them together. This is why one may cheat more often. One out of every ten cohabiting couples are still living together after a five-year period, while 80% of married couples are still together after five years. In fact, if current divorce rates continue, almost 60 percent of all married couples will remain married for life (Gallagher). According to a British study, on marriage, married parents are three times more likely to be together after two years of marriage than in cohabitating relationships of biological two-parent families (Gallagher). Everything from the child’s education to relationship-quality is
better in marriage than in cohabiting relationships. The reason for these statistics is simple: more fidelity means a better relationship in all aspects.

People who are in a marriage have a better financial status than those who are not married. Married couples make more money than other non-married couples. The males in a marriage-union have an income 40% larger than a single man with the same credentials as far as education and job history (Gallagher). A man’s marriage premium gets higher each year he is married. The wives’ earnings also increase as a result of marriage.

Not only do married couples make more money than non-married couples, but the couple uses their money more efficiently too, especially in the saving field. Married couples manage money better and build more wealth together than people who are not married. According to Elizabeth H. Gorman, married people are likely to view as more important job characteristics and also to want more out of a job. These mechanisms should operate both to increase individuals’ pay valence and to increase their levels of financial satisfaction (Gorman). A study involving couples with the same income levels found that the married couples are not as likely to say that they are struggling to pay basic bills and necessities. The couples that stay together for a long time while married build greater assets than non-married couples. In cohabiting relationships the length of the relationship has no links to more
wealth accumulated. On average, a couple at retirement age will have $410,000, while people who never married will have $67,000, and divorced couples will have about $154,000. Marriage will on average triple one’s accumulation of money (Gallagher).

People in good marriages experience better intimacy than those who are not married. Many people believe the myth that being single gives one more sexual freedom and therefore results in a better sex life. True, a single person has more “freedom” in the sense that one has more people to choose from for intimate sessions, but according to numerous studies and reports, single people do not have better sex. One example of the better intimacy of marriages includes the frequency of encounters. Studies have shown that married couples have an increased likelihood of even having a sex life. Single men are 20 times more likely not to have had sex even one time in the past year than married men (Gallagher). For women who are single, the likelihood is cut in half as compared to single men, who are 10 times more likely not to have had sex in the past year as compared to married women. In fact, nearly 25% of men and 30% of women have no sex at all.

Married people also report the most fulfilling intimacy. Women who are married are almost twice as likely to be more satisfied emotionally. Recent reports show that men who are married have more satisfying sex
lives than single men. Fifty percent of husbands say sex is very satisfying physically. Only 39% of non-married men report this satisfaction in the physical area of intimacy. Many benefits come to children who have grown up with both parents. Children who live with both parents are more emotionally stable because if a child needs help for behavior or psychological problems, professional help can be given. The chances of a child’s receiving help living in a single-parent home are very slim (“Benefits of Marriage”). Children from a two-parent home are more likely to be able to talk to a parent when a problem arises. On the other hand, children who come from a single-parent home cannot, according to Dr. Lee Salk: “Parents are often so preoccupied with their own feelings during this difficult time that they appear insensitive to the needs of their children (43). Children with both parents living in the home do much better academically. Children who come from a broken home usually drop out of school more often; the children also have a lower grade-point average. One of the major reasons for this is poor health care. Many children living in a single-parent home do not get the proper nutrition needed for good health. Also, when the children are ill, obtaining the best doctor for the illness is not always possible due to lack of money. In the words of David Ellwood of Harvard, “The vast majority of children who are raised entirely in a two-parent home will never
be poor during childhood. By contrast, the majority of children who spend
time in a single-parent home will experience poverty” ([no page number
given]). The negative effects of poverty can last for a lifetime. Society can
gain a lot from good marriages. Marriage provides the proper socialization
of children. A good marriage also provides children with a positive example
as to how one should live. It provides them with a good visual example of
what marriage is and what it involves. Children who are raised with their
married parents do better in every measure of well-being than children who
do not. These children are usually well rounded and have fewer emotional
problems.

Children living with both parents usually stay in school and get good
jobs that will enable them to become responsible adults. This means that
children are less likely to be arrested or to be convicted of a crime. A good
marriage is important to society because it will set the proper example of
marriage before childbearing and could possibly cut down on the number of
illegitimate births. Wallerstein, Lewis, and Blakeslee state that during
adolescence there is “an astonishing rise in sexual promiscuity among many
of the young girls from both chaotic intact and chaotic post divorce families”
[page number missing]. Children who come from a two-parent home are
less likely to be alcoholics or drug abusers. When a child comes from a
more stable environment, the parents tend to spend more time with him or her. Also, two-parent families can provide their children with activities that will occupy their time in a positive manner. Children with a single parent cannot afford to pay for anything extra. Many of these children with nothing else to do will seek activities in the wrong places. A good marriage is very vital to everyone in society.
Works Cited


>com/art_protecting_your_marriage.htm).

Marriage does take work, and like anything else in life, you have to do the work to reap the reward. But the work of marriage is not like cleaning the toilet and taking out the trash. The effort that goes into a successful marriage (read happy, functional and fulfilling) is the type of work that can be fun and therapeutic. In a survey that we conducted, we asked happy couples to divulge the keys to a successful marriage. Most partners dread this sentence but do you know that if you are wondering how to have a successful relationship then creating a platform for healthy conversations is the way to go? While all women should work in the art of active listening, we emphasize this as an area of special attention for men. Too often, men do not realize that all their partner needs from them is a listening ear.