

The Positive Effects of Marriage

By Tiana Andrade

According to a clinical director who works at the John Hopkins University School of Medicine, under the division of geriatric psychiatry and neuropsychiatry says that, "... close social relationships throughout adulthood, including through later life, is related to better physical health, including lower risk for cardiovascular disease and for overall mortality," Dr. Susan W. Lehmann. A recent study from the University of California-Berkeley says that marriage is actually good for an individual's mental health. The experiment followed 87 married couples who are in their 40's-60's and who have been married for at least 15 years. The couples engaged in lab work every three to five years for 13 years. They were examined on the following categories; discussing what has been going on in their lives for the past few years, talk about conflict within their marriage, and talk about activities they enjoy together as a couple. The couples were measure for physiological responses including heart rate and respiration. Meanwhile, trained coders looked into the emotional responses including; anger, sadness, humor, love etc. The findings of this research "demonstrated an increase in such positive behaviors as humor and affection and a decrease in negative behaviors such as defensiveness and criticism," (Dr. Robert Levenson). So in conclusion, marriage is a healthy insulation for individuals to maintain a strong and healthy mental capacity.

(article:<https://health.usnews.com/health-care/patient-advice/articles/2019-01-11/how-can-marriage-be-good-for-mental-health>)