

Quality of life and the Prevalence of Depression in Cohabitants and Marrieds



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Introduction

Cohabitation has become part of romantic relationships in the United States; cohabitation has become a normal experience for both men and women. With the rapid increase in cohabitation this raises important concerns about its consequences for the institution of marriage and the lives of individuals involved in this family form, as research indicates that cohabiters hold lower levels of commitment, and cohabiters are more likely to be depressed than marrieds(Brown, S.L 2003). Some studies have been done to find out whether marriages are beneficial to one's mental health, Pro marriage initiatives and policies like tax breaks for married people have taken a part in this (Perelli-Harris 2017). Although the prevalence and patterns of cohabitation have generally been well documented, we know very little about the outcomes of cohabitation and marriage. This is especially true for middle age adults; despite the increasing significance of cohabitation at younger ages, the cohabitation literature continues to focus on older adults who tend to settle or move in with a partner after a divorce from a previous marriage. The experiences of cohabitation and marriage are not the same at all ages. Some people may view marriage as a union of comfort, something that's more solid than cohabitation though the meaning and significance of both these relationship is different for each individual (Haas, S. M., & Whitton, S. W. 2015). Cohabitation has become a big part of an everyday American life (Pollard and Harris 2013). There has been an increase in the number of cohabiting households.

Method

Procedure

The study used primary data analysis to conduct a quantitative analysis. Survey Monkey was used to distribute the questionnaire. The questionnaire has a total of 21 questions. The purpose of the questionnaire was to better understand the quality of life in Adults who were cohabitating or married and the prevalence of Depression. Some questions used were from the

Center for Epidemiologic Studies Depression Scale (CESD) and Quality of life (QOL SCALE)

Acknowledgements

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Hypotheses

The purpose of the study was to compare the quality of life between marrieds and cohabitants and the prevalence of depression. Cohabiters and Marrieds have different expectations when it comes to planning the future. Married people tend to work together while Cohabiters work independently which may cause some level of depression and stress.

Figure 1 Demographics

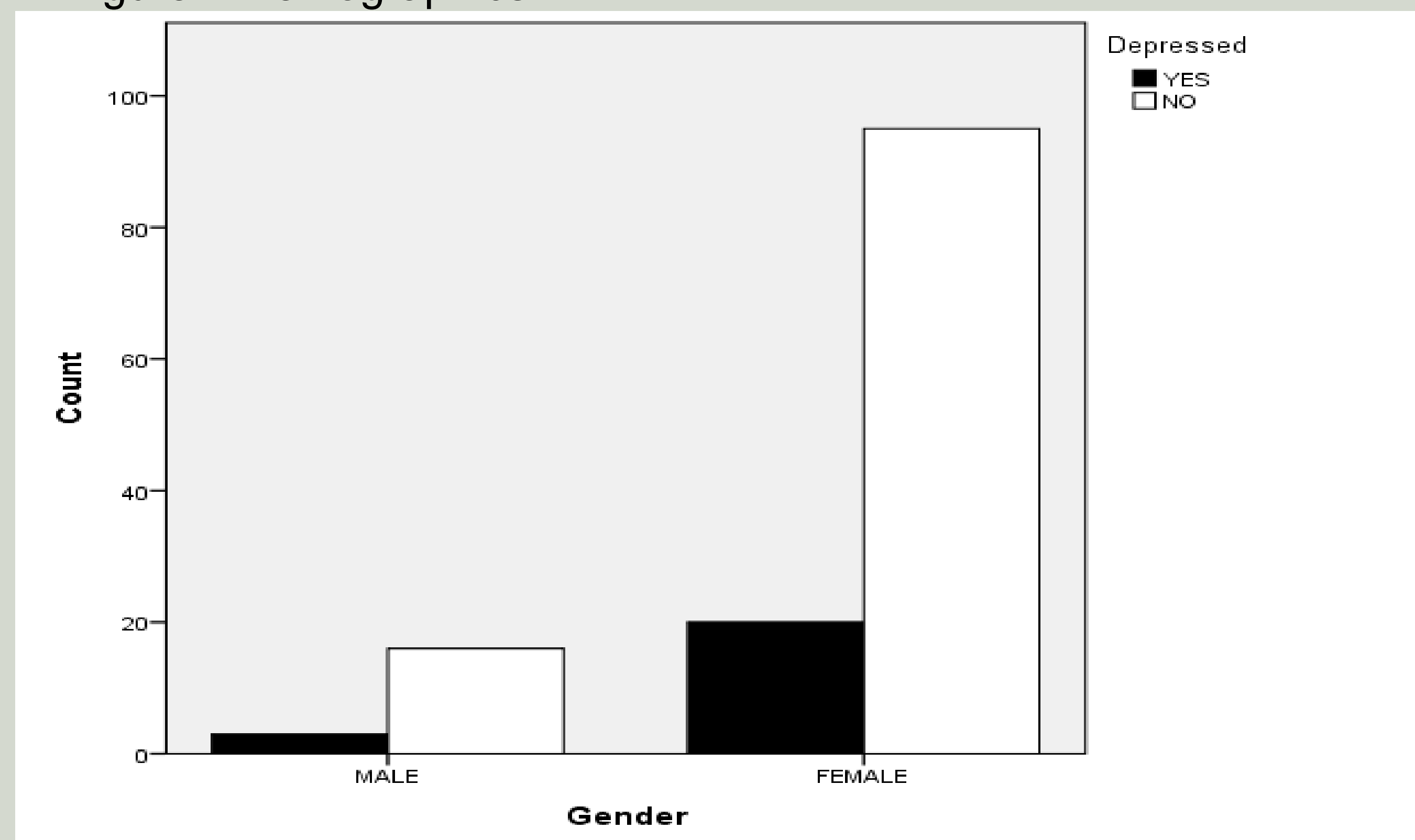
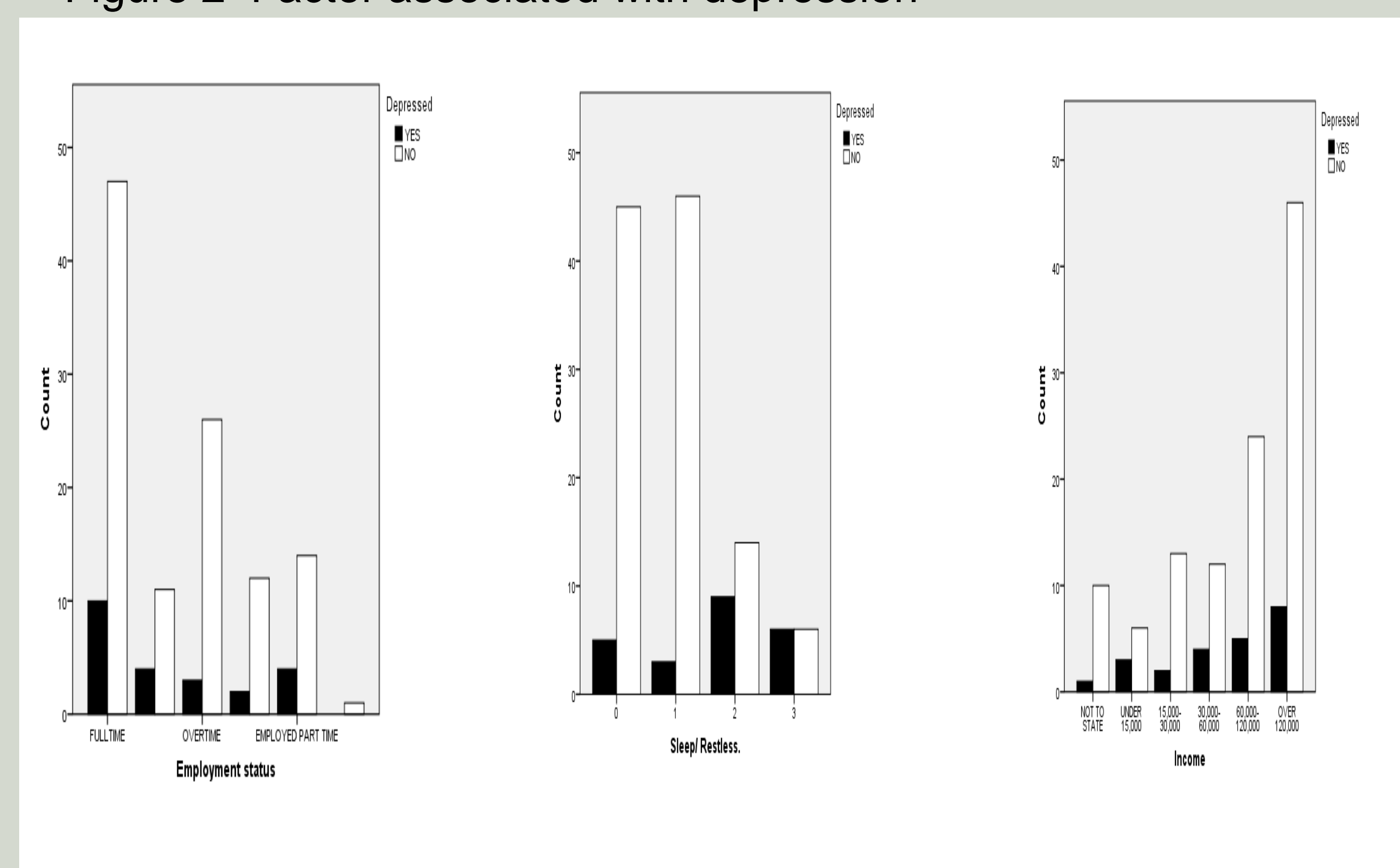


Figure 2 Factor associated with depression



Results

Participants

134 Participants
19 Men, 115 Women

Demographics Characteristics.

The study conducted chi-squared in SPSS. Within the age Group of 18 -65. More women responded to the questionnaire than men. And also more marrieds responded to the questionnaire than cohabitants. In the sample, there were 14.2% males, 85.8% females.

Depression differences among groups.

Males who reported depression were 15.2% and Females who reported depression were 17.4% with a P- VALUE OF 0.864
Marrieds who reported depression were 16.5% and cohabitants who reported depression were 30.4% with a P-VALUE OF 0.639

Conclusions

There wasn't a significant difference between males and females how ever when it came to comparing the group of marrieds and cohabitants there was a significant difference in the percentages of those who reported depression. Cohabitants reported a slightly higher than marrieds in depression.

In addition age, income, employment and hours of sleep played a major impact in depression as well.

Those who reported to make over 120,000 were likely to be depressed compared to individuals that made under 15,000

Those that reported more hours of sleep were likely to be less depressed compared to individuals that were having less hours of sleep.

References

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