



Data Expedition Day 1

Marriage and Health

**Christina
Kamis
Jessie West**



Who Are We?



Christina Kamis

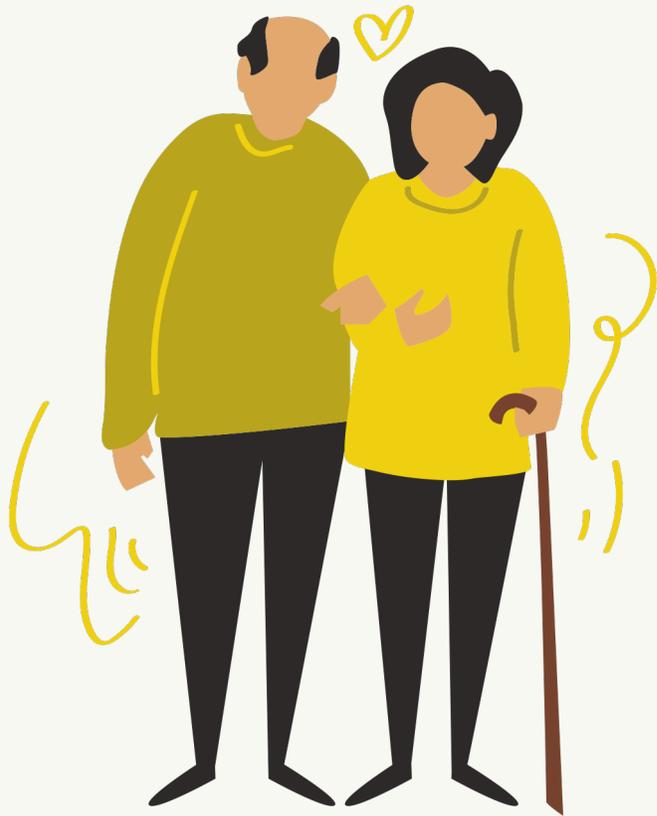
Ph.D. Candidates
Department of Sociology

Studying health from a life
course perspective



Jessie West

Health Benefits of Marriage

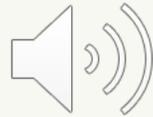


- Less psychological distress
- Less often depressed
- Fewer physical health problems
- Better overall health
- Tend to live longer



Stress Proliferation

→ Stressors associated with one event or role lead to the accumulation of stressors in other aspects of life



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Chronic illness



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Unable to work



Stress Proliferation

→ Stressors associated with one event or role lead to the accumulation of stressors in other aspects of life

Chronic illness



Unable to work



Financial strain



Stress Proliferation & Linked Lives

→ People are embedded in social networks, so stress not only impacts individuals, directly, but can also proliferate to people close to them



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Wife's
disability

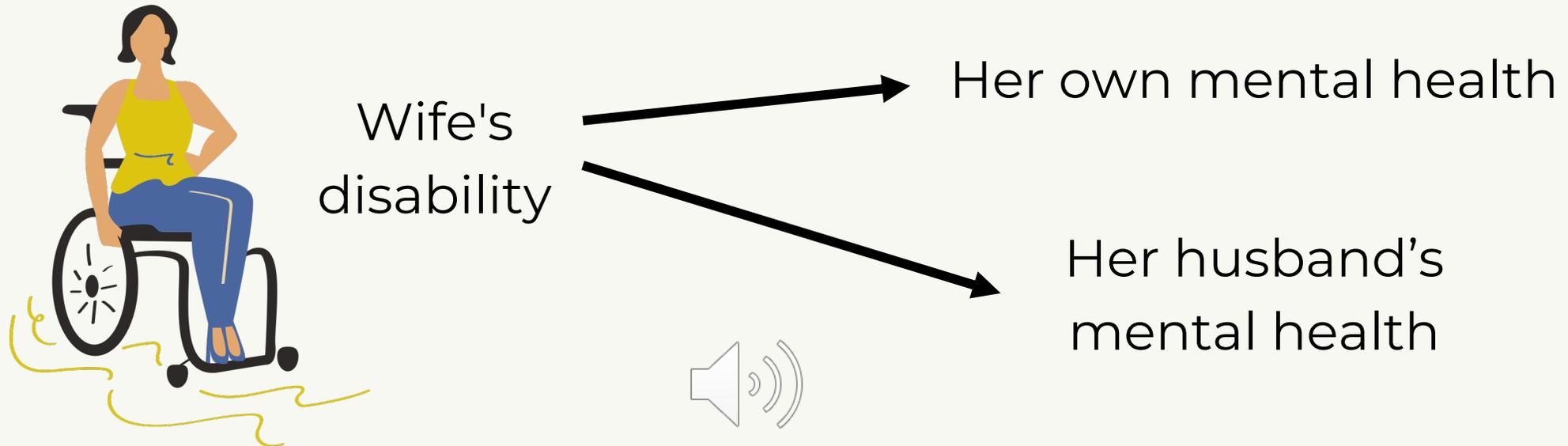


Her own mental health



Stress Proliferation & Linked Lives

→ People are embedded in social networks, so stress not only impacts individuals, directly, but can also proliferate to people close to them





Wife's physical health



Wife's mental health



Husband's physical health



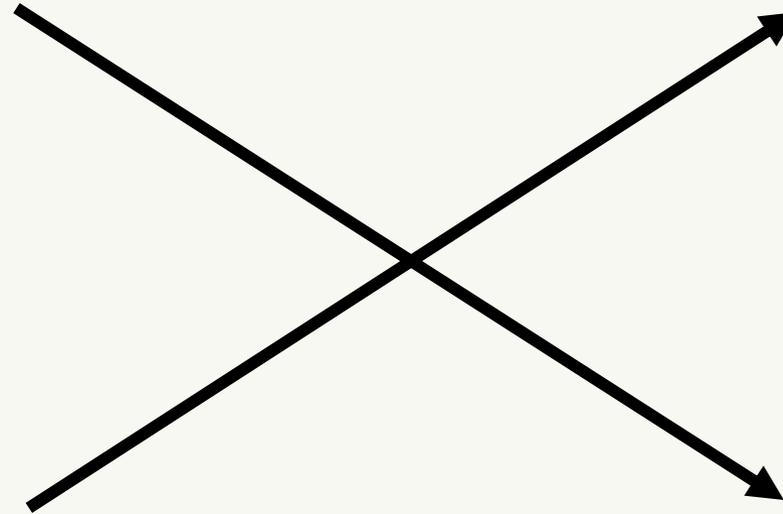
Husband's mental health



Wife's physical health



Wife's mental health



Husband's physical health



Husband's mental health



Health Concordance



Shared environment, behaviors, experiences, & resources (e.g., information, money) + social control



Health Concordance



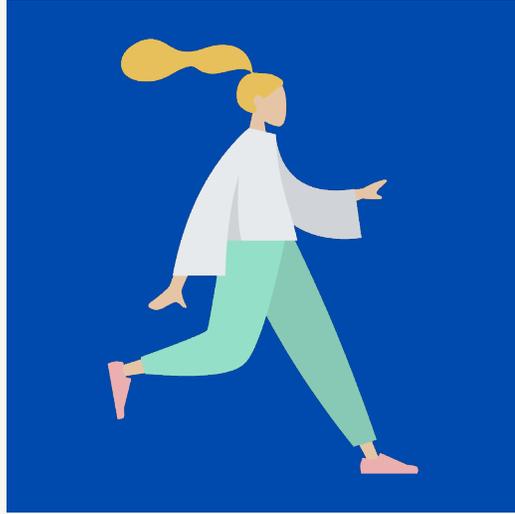
Shared environment, behaviors, experiences, & resources (e.g., information, money) + social control



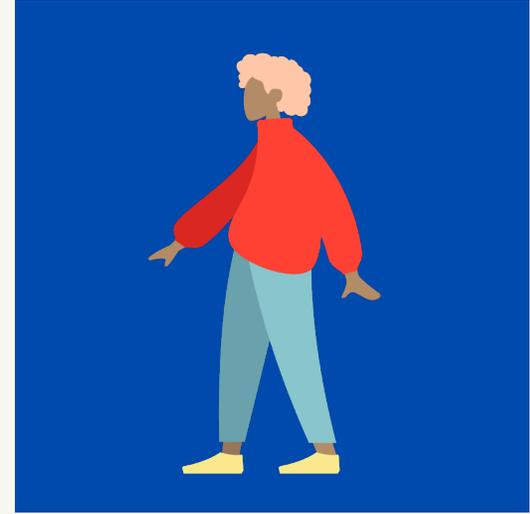
More similar health & health behaviors



Partners' health becomes more similar

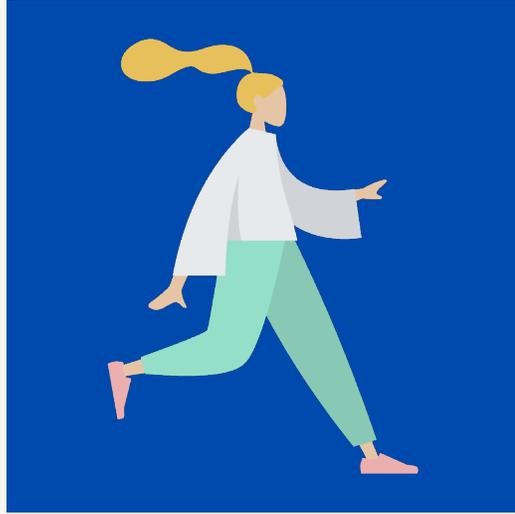


- Stops smoking
- Reduces alcohol intake
- Joins a gym



- Likely to do the same

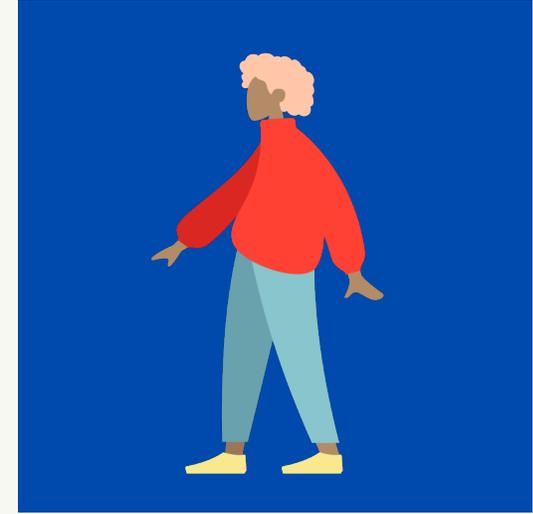
Partners' health becomes more similar



- Stops smoking
- Reduces alcohol intake
- Joins a gym



- Becomes depressed



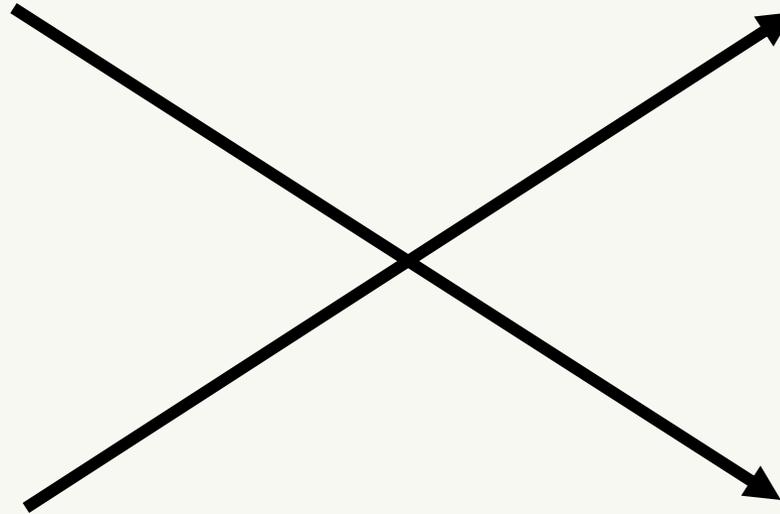
- Likely to do the same

- Likely to do the same



Wife's physical health

Wife's mental health



Husband's physical health

Husband's mental health





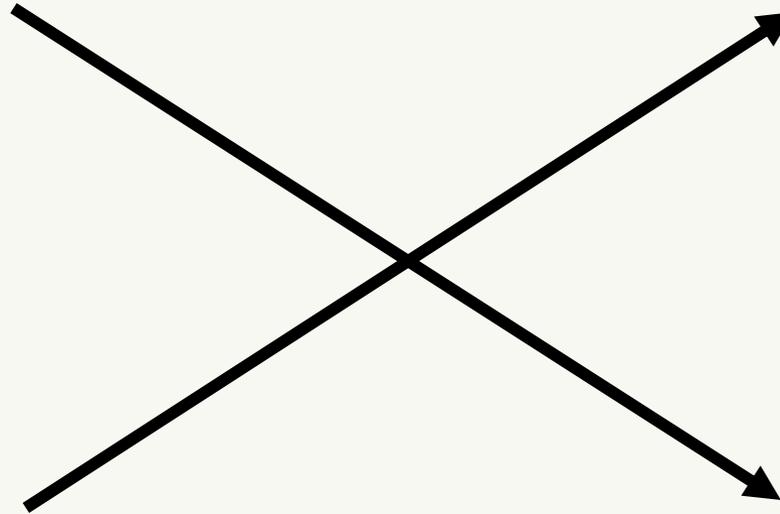
Wife's physical health

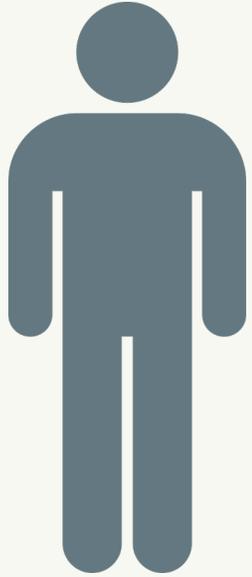
Wife's mental health



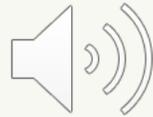
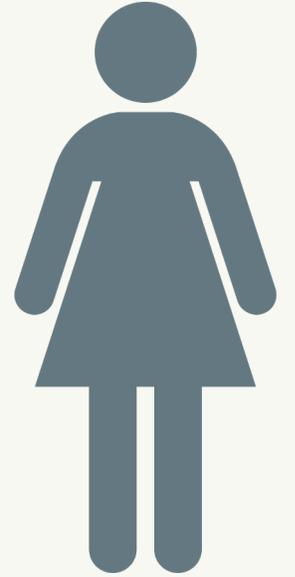
Husband's physical health

Husband's mental health

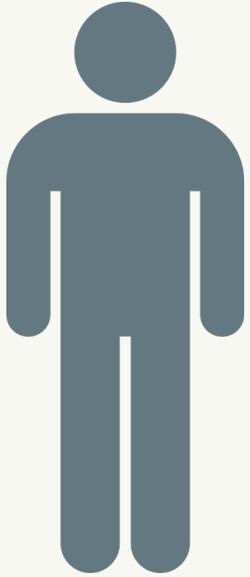




Gendered Expectations

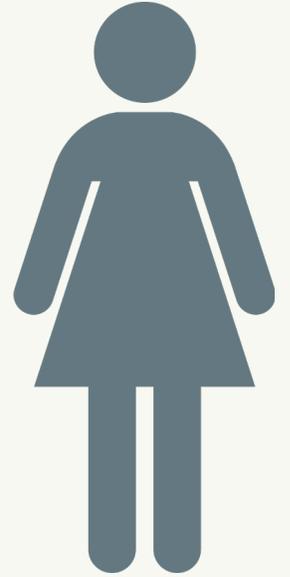


Gendered Expectations



Men rely on wives for:

- Companionship
- Emotional support
- Caregiving



Women tend to:

- Find external support
- Provide support to husbands

Gendered Expectations





Limitations



→ Most research focuses on heterosexual marriage because of the limited (if any) number of same-sex partners in datasets





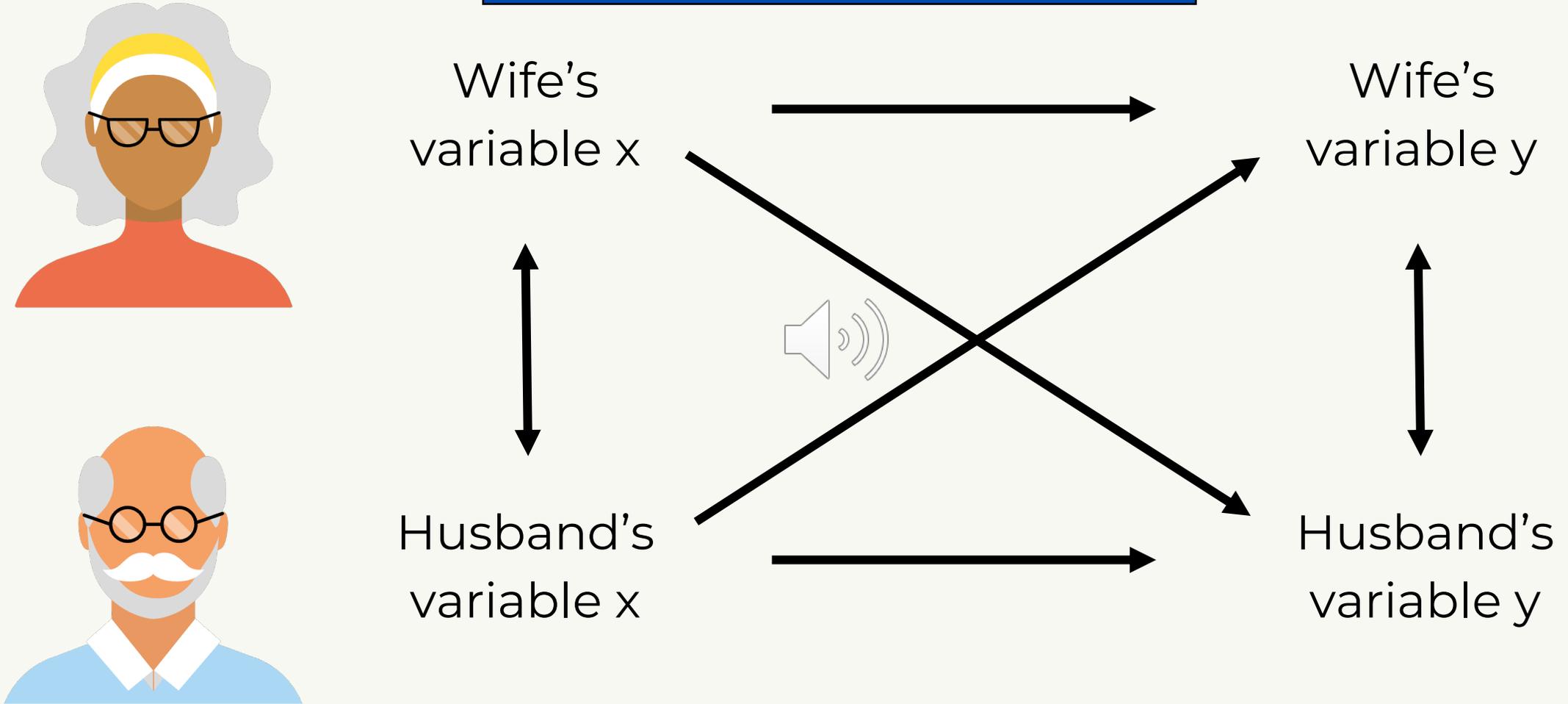
Limitations



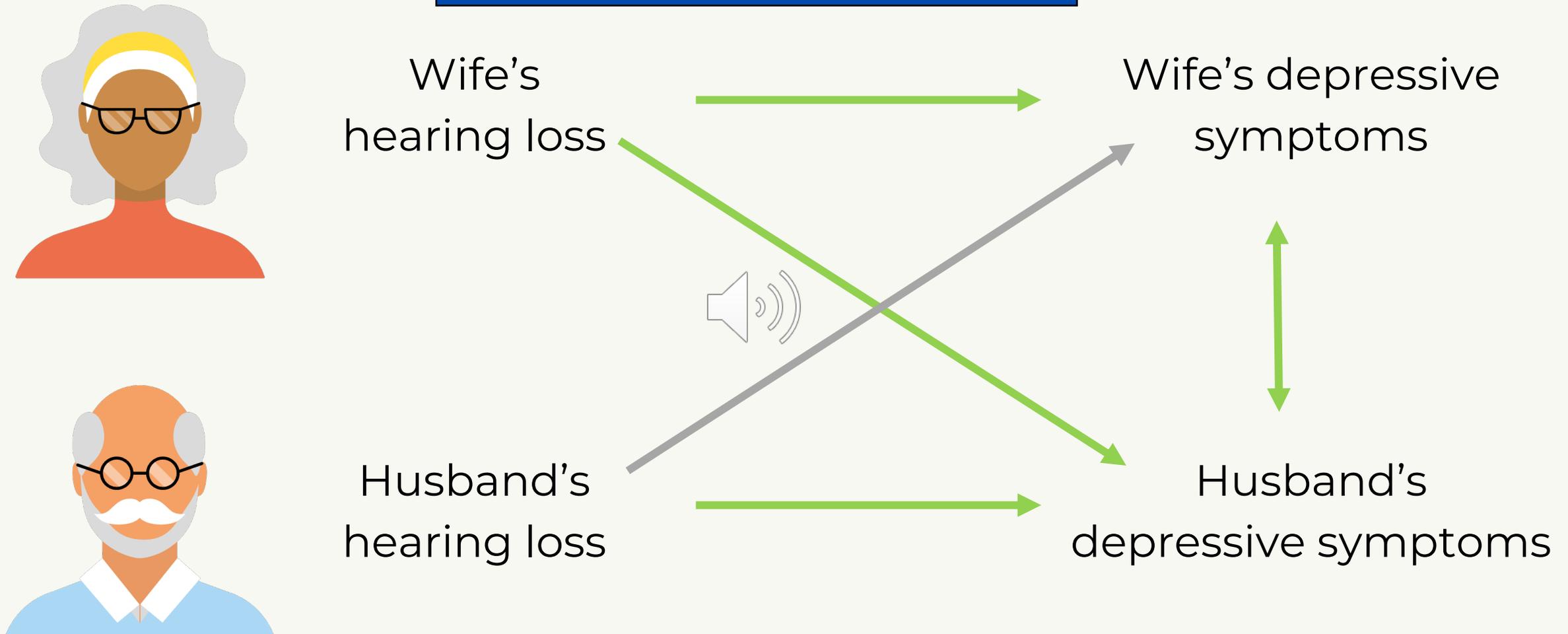
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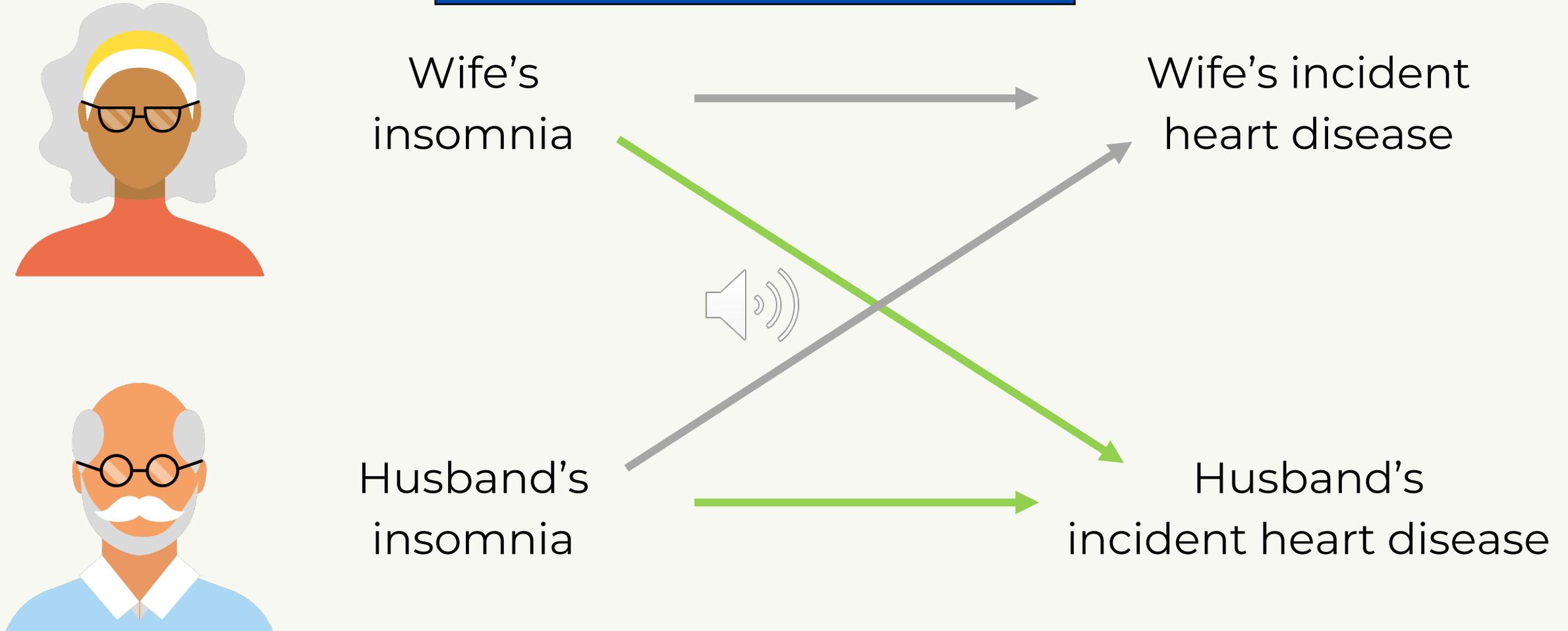
Example



Example



Example



Yao-Chi S., Han S.H., Burr J.A. 2018. "Are spouses' sleep problems a mechanism through which health is compromised? Evidence regarding insomnia and heart disease." *Annals of Behavioral Medicine*.

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