

Relationship Indicators 2024

Partnered relationships



60.8%

of people identified their partner as their **most important** relationship

82.1%

said that they had **fun together**

88.8%

could **depend** on them

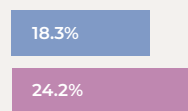
71.7%

were **satisfied** with life



6.1%

experienced **less loneliness**

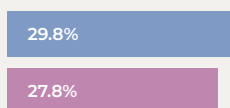


1.3mil

Australians (6.4%) are in or have been in a relationship with **multiple partners** at once

16%

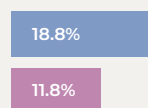
reported unfulfilled expectations put the **most pressure** on their relationship



29.8% felt distressed about the relationship

31.2%

reported **cost of living** pressure



18.8% did not feel safe disagreeing with partner

4.3mil

Australians (21.2%) reported their partner was their most **challenging** relationship



36.9% felt very lonely

Relationship Indicators 2024

Partnered relationships



4.2mil

Australians (19.9%) have experienced a breakup, separation, or divorce with a **lasting impact**

Including:

52.4% **reduced trust in others**

45.2% **sadness or loneliness**

I don't know how to change the situation. It eats me up every time I think of him.

- Female, 55-64 years



65.2%

took time to heal



60.8%

managed by talking to friends or family



57.9%

managed by accepting the situation / letting go



19.3%

received professional support, i.e. a counsellor

51.8% have a **sense of increased independence / freedom**

45.0% were able to pursue **new experiences**

33.4% experience **improved mental health**

Eventually my confidence in myself and my mental health improved. This has been a gradual process and took place over about ten years.

- Male, 75+ years

Better relationship with my children.

- Female, 55-64 years