

60.1%

of Australians chose their partner as their **most important, meaningful person** in their life

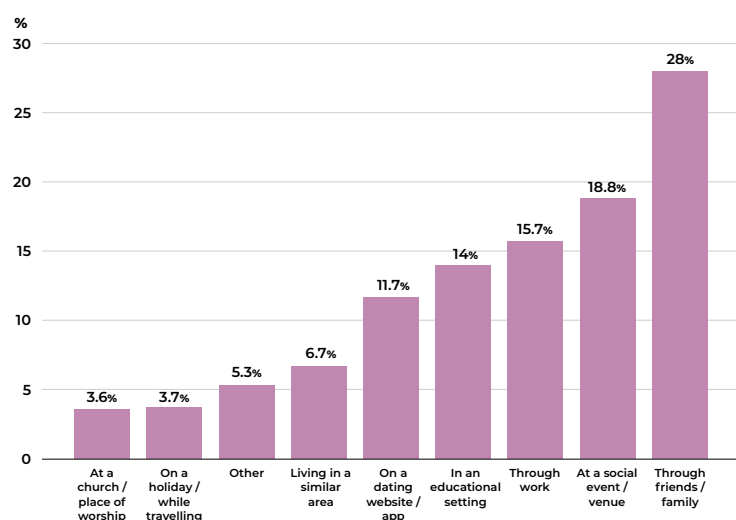
She taught me piano
– Man, 75+ years

[we met] on a blind date in 1966

– Man, 65-74 years

Where people met their partner

(only those who chose their partner as their most important person were asked this question)



28.8%

of Australians **met their partner through family or friends**

6.9%

of Australians do not want a partner

“[I] don’t want [a]serious relationship - want to remain an independent person”

– Woman, 55-64 years

34.3%

of Australians
have experienced
**difficulties finding
a partner**

We were on
a gay christian
forum and just
'clicked'

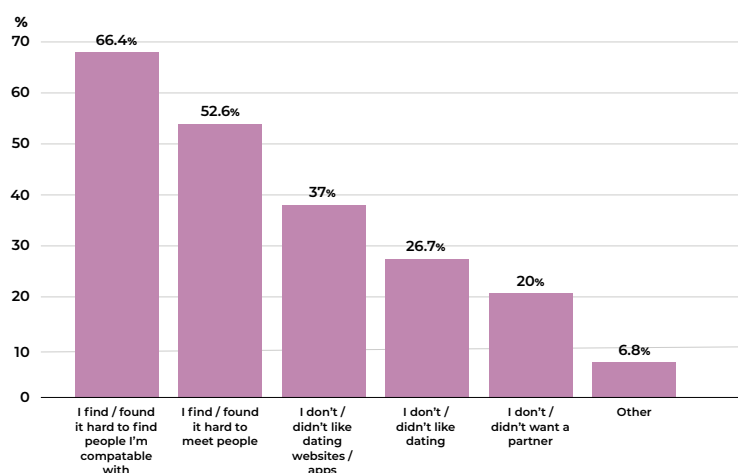
– Woman, 45-54 years

My partner is
my only real
confidant who
understands
the whole me

– Man, 55-64 years

Challenges associated with finding a partner

(respondents could select all that applied)



66.4%

found meeting
people they are
compatible with the
greatest challenge in
finding a partner

1.2mil

of Australians (5.8%)
have been in an
open* relationship

*defined as a relationship with
multiple partners at once, in which
everyone is aware and consents

31.4%

of Australians have
experienced a break-
up, separation,
or divorce with a
lasting impact

1.1mil

(5.5%) have
experienced grief
from the death of
their partner that still
affects them today

For more information please see the grief and loss section of the [report](#).

1.2mil

Australians (6%)
identified as
a person with
disability

30%

of people with a
disability said they
often **felt lonely**

33% were emotionally lonely (the
lack of a significant person with
whom you have an attachment to)

36% were socially lonely (the lack of
a larger support network)

88%

of people with a
disability say they
felt loved

People with a disability were less
likely to say they felt loved than the
population average

47.5%

said family played
an **important role** in
their life

41.9%

said **friendship**
groups played an
important role in
their life

We have
lots of different
conversations about the
world and how he sees things
very differently to the rest
of society, he has taught me
how to be a more patient and
understanding parent

– Parent of child with disability, woman,
55-64 years

45.3% 37.8% 12.6%

said their most important relationship was with **their partner**

said their most important relationship was with a **family member**

said their most important relationship was with a **friend**

71%

faced pressures in their important relationship in the past six months

Top pressures:



Mental health
33.3%



The impact of the pandemic
26.5%



Money problems
26.5%

45.2%

manage relationship issues on their own

28%

would consult **friends or family** when facing challenges in their relationships

Mum has always looked after me, and even now in my adult years... We talk all the time, we both know sign language. We talk most days and we practice our skills

– Man with disability, 35-44 years

Relationship Indicators 2022

Retirees



4.3mil

Australians
(21.8%) identified
themselves as
retirees

66.8%

said their most
important
relationship was
with their **partner**

12.6%

said their most
important
relationship was
with their **daughter**

44.5%

said they have
faced no pressures
in their important
relationship in the
past six months

Top pressures:



Mental health
10%



The impact of
the pandemic
15%



Money
problems
10.9%

53.7%

manage relationship
issues on their own

12.4%

felt unsafe disagreeing
with their most
important person

Older people were less likely to feel
safe disagreeing with their most
important person

He has been
retired for a
year now...
Life is good

– Woman, 65-74 years

We are both
retired and
enjoy spending
most of our
time...together

– Woman, 65-74 years

Relationship Indicators 2022

Retirees



Retirees feel less lonely than the population average

15.1%

said they often
felt lonely

10%

were emotionally
lonely*

*Emotional loneliness is the lack of
a significant person with whom you
have an attachment to

27.1%

were socially
lonely**

**Social loneliness is the lack of a
larger support network

28%

of retirees said that
community groups
played an important
role in their life

Previously
when we both
worked we tried to do
everything together on
the weekend because
during the weekdays we
were ships passing in
the night

– Woman, 65-74 years

I have
joined many
groups since I retired
so she doesn't feel
the pressure to spend
more time with me

– Woman, 65-74 years

Relationship Indicators 2022

People with a long-term mental health condition



2.1mil

Australians (10.5%) identified as someone with a long-term mental health condition

43.3% 18.4%

said their most important relationship was with their **partner**

said their most important relationship was with their **mother**

87%

faced pressures in their important relationship in the past six months



Mental health
65.8%



Top pressures:
Study or work commitments
38.1%



Money problems
33.6%

40%

manage relationship issues on their own

22.6%

would **seek help** from professionals e.g. counsellor



My friend understands and has experienced similar mental health issues before and we help to support each other through it

– Man, with long-term mental health condition, 18-24 years

Relationship Indicators 2022

People with a long-term mental health condition



46.5%

said they often
felt lonely

33.1%

were **emotionally**
lonely*

*Emotional loneliness is the lack of a significant person with whom you have an attachment to

36.1%

were **socially** lonely**

**Social loneliness is the lack of a larger support network

84.8%

said they felt loved

I am actively
managing my
mental health
constantly

– Man, with long-term
mental health condition,
35-44 years

[my partner]
has a level of
acceptance
and openness
that my mother
doesn't provide

– Man, with long-term mental
health condition, 18-24 years

46.5%

said their **family**
group played an
important role in
their life

with long-term mental
health conditions

without long-term mental
health conditions

22.9%

said **online groups**
played an important
role in their life

with long-term mental
health conditions

without long-term mental
health conditions

Relationship Indicators 2022

Carers



1.4mil

Australians
(7.1%) identified
themselves as
carers

48.6%

identified the person
they care for as the
most important
relationship in
their life

Carers: 8%

Population: 15%

Carers had less
disagreements with
their most important
relationship

77.9%

faced pressures
in their important
relationship in the
past six months

Top pressures:



Mental health
43.9%



Impact of the
pandemic
28.8%



Money
problems
37.1%

Carers were more likely to experience multiple pressures
at once, compared to the general population

56.9%

manage relationship
issues on their own

29.4%

would consult friends
or family when facing
challenges in their
relationships

We enjoy
the small
pleasures of life
and support each
other through the
tough times

– Carer, woman,
55-65 years

Relationship Indicators 2022

Carers



25.5%

said they often
feel very lonely

34.5%

were **emotionally**
lonely*

*Emotional loneliness is the lack of
a significant person with whom you
have an attachment to

29.3%

were **socially** lonely**

**Social loneliness is the lack of a
larger support network

94.6%

said they felt loved

He is
my closest
confidant, my
carer and the
person makes
me happiest by
his company

– Person receiving care,
woman, 25-34 years

we are both in
carer roles and
assist each
other both
practically and
emotionally

– Carer, woman,
45-54 years

48.5%

said a **friendship**
group played an
important role in
their life

Carers: 48.5%

Population: 61%

When somebody
has a health event, you
can only take one day at a
time. I always treat him how
I would like to be treated. If
I get short with him due to
tiredness (rarely do) I always
apologise and we discuss
solutions so that doesn't
happen again

– Carer, woman, 55-64 years

27%

identified themselves as someone who was culturally or linguistically diverse

12.6%

were born in a non-English speaking country or spoke a language other than English at home

14.3%

met both criteria

73.4%

faced pressures in their important relationship in the past six months

Top pressures:



Unfulfilled expectations
16.3%



Study or work commitments
28.8%



Money problems
23%

45.4%

manage relationship issues on their own

37%

would consult friends or family when facing challenges in their relationships

Migrating here from a foreign country, [I] had some adjustment issues & meeting & being with my current partner helped me a lot to cope up with these adjustment issues

– Woman, 35-44 years

21.6%

said they often
feel lonely

22.8%

were emotionally
lonely*

*Emotional loneliness is the lack of
a significant person with whom you
have an attachment to

33.9%

were socially lonely**

**Social loneliness is the lack of a
larger support network

94%

said they felt loved

63.8%

said their family
group played an
important role in
their life

67%

said their friends
group played an
important role in
their life

I am distant
from my family.
All family members
are overseas and I am
not particularly close
to them. Friends have
become a substitute
for family

– Man, 65-74 years

We are a cross
cultural relationship
(country anglo and person
of colour) we have very different
experiences of the world, different
expectations of what is acceptable
with regards to social justice or even
when one of us sees something as
prejudice and the other sees it as
normal. Our strategy has been
to just keep talking about it,
life long learning

– Woman, 35-44 years

Relationship Indicators 2022

LGBTQIA+ Communities



1.6mil

Australians (8.2%) identified as part of a LGBTQIA+ community

21.5%

said their most important relationship was with their **friends**

23.8%

said their most important relationship was with their **siblings**

People in LGBTQIA+ communities were less likely than people who identified as straight to select a partner as their most important person

80.8%

faced pressures in their important relationship in the past six months



Mental health
52.3%



Study or work commitments
46.3%



Money problems
40.1%

Top pressures:

38.6%

manage relationship issues on their own

46.6%

would consult **friends** and 34.7% would consult family when facing challenges in their relationships

[We practice] open communication about what we feel, creating a safe space for each other. Taking care of myself so I don't burn out while supporting them [through mental health challenges]

– LGBTQIA+ woman, 25-34 years

Relationship Indicators 2022

LGBTQIA+ Communities



32.6%

said they often
feel lonely

29.2%

were **emotionally**
lonely*

*Emotional loneliness is the lack of
a significant person with whom you
have an attachment to

34.5%

were **socially** lonely**

**Social loneliness is the lack of a
larger support network

89.9%

said they felt loved

My friend
supports me
more than
any family
member

– LGBTQIA+, woman,
65-74 years

She loves me
unconditionally
and is always
there to listen

– LGBTQIA+ person,
55-64 years

54.7%

said their **family**
group played an
important role in
their life

We are very
close and get mistaken
for twins often, despite
being years apart. He would
be the person I am closest
to...We will make or buy each
other food, play video games
together, go on drives together
and vent to each other

– Asexual woman talking about the
relationship she has with her brother,
18-25 years

65.6%

said their **friends**
group played an
important role in
their life