



Relationship Indicators

Key Findings 2022

1. Australians have a variety of important, meaningful connections

60.1%

chose their **partner** as their most important, meaningful relationship

10.1%

chose their **mother** as their most important person and 15.9% said their mother was their second most important person

7.6%

said their **friend** was their most important and 16.5% selected them as second most important

2. Satisfying relationships lead to greater subjective wellbeing and can predict satisfaction with life more generally

53.3%

are **completely satisfied** with the relationship they chose as the most important or meaningful

3. External pressures are placing a significant strain on people's most important relationships in the last six months, affecting some groups more so than others



22.1% said **mental health** is a relationship pressure



25.8% said **study or work commitments** placed pressure on their relationship



20% said **money** problems had placed pressure on their relationship



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4. Loneliness is increasing in Australia

19.9%

One in five Australians said they often **feel lonely**

28%

are experiencing **social** loneliness

19.8%

are feeling **emotionally** lonely

5. Too many feel unsafe disagreeing with their most important person

1.7 mil

Australians (or 8.8%) **feel unsafe** disagreeing with their most important person

59.4%

of people who felt unsafe disagreeing with their important person were **aged 55 years** or more

6. Experiences with grief and loss in a partner relationship have significant ongoing effects on future relationships

31%

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

12%

of people received no valuable support following the death of their partner

1.5x

People who reported lasting impacts were 1.5 times lonelier than those who didn't have these experiences



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7. Men are struggling to connect emotionally & socially & create strong relationships

20.3%

One in five men feel emotionally lonely, and one in three men (32.3%) are socially lonely

73.6%

of men communicated openly about problems in their important relationship versus 80.6% of women

52.3%

of men managed relationship issues on their own versus 40.5% of women

8. Australians have low rates of help-seeking to address relationship issues

46.2%

manage their relationship issues on their own

9. Having a strong and reliable relationship improves subjective wellbeing, reduces loneliness and enhances mental health. People who could rely on one strong relationship;



for a variety of social supports had better life satisfaction



were 1.4 times less lonely than those who relied on many different relationships



had better mental health over the past six months